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Celebrity Buzz

Lambert hits back at AMA critics

pg 26

Your Money

Finding the thrill of holiday thrift

pg 13

Greenhouse gases hit record highs in 2008

ENVIRONMENT Greenhouse gases in the Earth's atmosphere reached record highs in 2008, with carbon dioxide levels rising faster than previously, the UN weather agency said yesterday.

The World Meteorological Organization said if levels of greenhouse gases, believed to be responsible for global warming, continue to increase, global temperatures could rise as much as 6 C by 2100.

THE ASSOCIATED PRESS

News on the Move

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Pretty palettes for the picking

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No incentive for fare evaders to pay: Gov't

Many don't have driver's licences to withhold, force compliance

JEFF HODSON
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There is little incentive for non-drivers in B.C. to pay their transit fines, the ministry of the solicitor general said yesterday.

The non-compliance is a source of frustration for the transit officers who write the tickets.

A media report revealed yesterday that millions of dollars in fare evasion tickets go unpaid every year.

Transit fines are collected by the Insurance Corporation of B.C., which refuses driver's licences to people with outstanding debt, including tickets for fare evasion.

One issue, however, is that many fare evaders don't have driver's licences and therefore have little incentive to pay the ticket, the ministry said in an email.

Transit police issued 9,909 tickets for fare evasion during the first six months of 2009, according to a media report. Only 1,423 tickets, or about 14 per cent, were paid. Outstanding fines totalled more than $1 million.

"The fact is," said TransLink spokesman Ken Hardie, "for the vast majority of cases, if people don't pay, nothing happens."

For TransLink, the concern is that if there is no perceived risk of getting caught and having to pay a fine, the number of fare evaders on the system could increase.

Transit Police spokesman Sgt. Tom Seaman said unpaid fines have long been a problem.

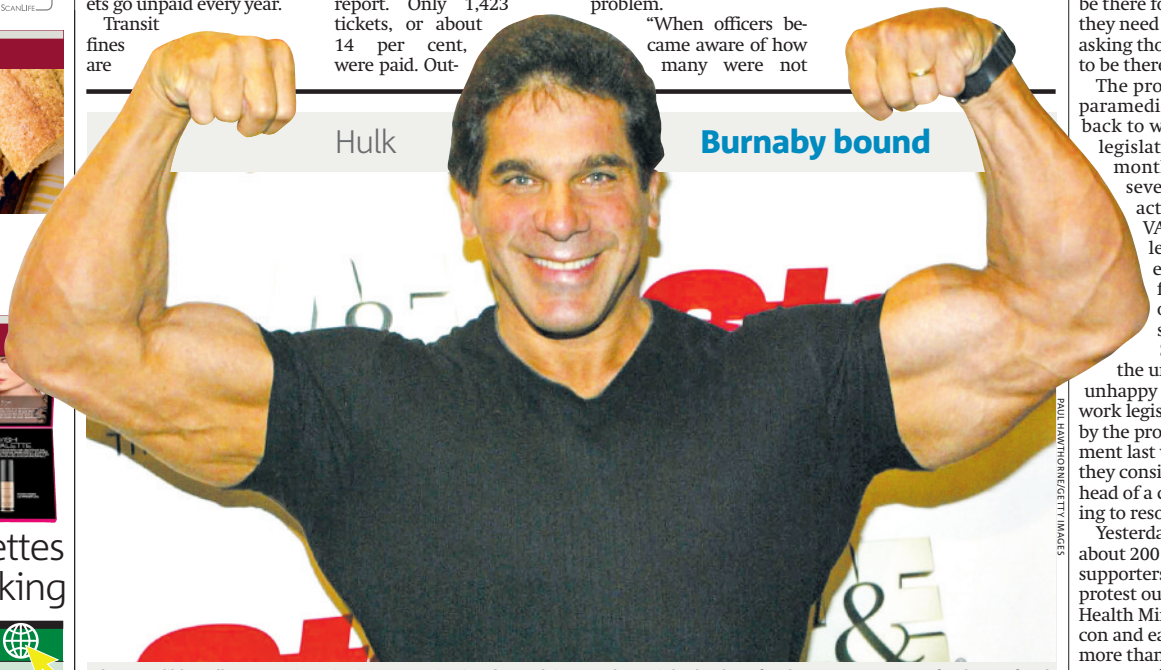
"When officers became aware of how many were not being paid, it became a frustrating issue," Seaman said.

In the long term, the province and TransLink plan a $100-million fare gate and smart-card system that should decrease, but not eliminate, fare evasion.

Hardie said the fare gates are still a couple of years away. The Canada Line and Millennium Line stations could be done quite easily, he said, but some Expo Line stations would require extensive renovations.

Hulk

Burnaby bound



PAUL HAWTHORNE/GETTY IMAGES

The Incredible Hulk, Lou Ferrigno, is giving a motivational speech in Burnaby tonight that benefits the Western Institute for the Deaf and Hard of Hearing. Ferrigno, a former Mr. Universe, lost 75 to 80 per cent of his hearing due to a childhood ear infection. Story, page 3.

Paramedics seek allies in dispute

LABOUR Ambulance workers in B.C. are asking their colleagues across North America not to come volunteer at the Olympics until their labour dispute with the province is resolved.

"People obviously need to be worried about whether or not an ambulance is going to be there," John Strohmaier, president of the Ambulance Paramedics of B.C., said yesterday.

"It's not our intention to put patients in the middle of this dispute ... We are certainly going to try … to be there for patients when they need us. We are asking those same people to be there for us."

The province's 3,500 paramedics were forced back to work through legislation earlier this month, ending a seven-month-old job action, after VANOC wrote a letter to the government asking for a guarantee of paramedic services.

Strohmaier said the union is not only unhappy with the back-to-work legislation, but also by the province's appointment last week of someone they consider an insider as head of a commission trying to resolve the dispute.

Yesterday morning, about 200 paramedics and supporters showed up to protest outside a speech by Health Minister Kevin Falcon and earlier this month more than 80 called in sick over two days, idling dozens of ambulances.

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Local

vancouver 2010 PARALYMPIC GAMES JEUX PARALYMPIQUES

Paralympic rehearsals in Surrey

The City of Surrey has been selected to host the 2010 Paralympic Games opening and closing ceremony rehearsals. More than 5,000 volunteers from across Canada are expected to take part in the rehearsals starting in January.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

SCAM An arrest has been made in the case of a Surrey woman who lost about $9,000 through a Craigslist scam. A woman in Colorado has been charged and police in that city say three more Canadians may have been victimized.

TRIAL A Kamloops man accused of killing his mother by setting her on fire says he was just trying to scare her. Parker Matthias, who testified at his second-degree murder trial yesterday, is also accused of killing the 79-year-old's dog.

ARREST A suspected member of the Red Scorpions gang has been arrested in Langley, Abbotsford police said yesterday. An arrest warrant had been issued for Jason William Brown on Nov. 21, and police say he was taken into custody without incident.

CROWD Police were called to enforce crowd control at the office of a Surrey holiday charity yesterday, news1130.com reports. People got antsy and some were turned away while waiting in a long line to register at the Surrey Christmas Bureau.

METRO NEWS SERVICES

metronews.ca WHAT'S ONLINE TODAY

Movies showtimes, trailers reviews and purchase tickets at **metronews.ca/movies**

Your Money Allan Small on year-end investment housekeeping and the "Santa Claus rally" at **metronews.ca/investing**

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The incredible Lou Ferrigno

Former Hulk star to share story of hearing loss in Burnaby

JEFF HODSON
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At six foot five and with muscles literally bursting out of his clothes, it's hard to believe that people used to make fun of Lou Ferrigno, mocking the future Incredible Hulk star as "Deaf Louie."

Ferrigno, a former Mr. Universe who rose to iconic status as the raging, shirt-shredding star of the TV show The Incredible Hulk (1978-1982), is in Burnaby tonight to share his story of living with significant hearing loss.

"Basically, I tell them that they're not the only one," said Ferrigno during a telephone interview yesterday from his home in California.

He said his talk, which includes a question-and-answer session (and photo signing afterwards), aims to motivate and bring inspiration to children and teens with hearing loss and their families.

Ferrigno suffered an ear infection as a toddler and lost 75 to 80 per cent of his hearing.

An avid reader of comic books, Ferrigno said he was fascinated by power and by superheroes, including the Hulk, and credits them as one of the triggers that led to weight training and body building as a teen.

Winning the role of the Hulk and the cult icon status that he has enjoyed for more than three decades has been "great," he added.

Talk details

- Living and Learning, a talk presented by the Western Institute for the Deaf and Hard of Hearing, runs from 6:30 to 9:30 tonight at the Michael J. Fox Theatre. Tickets are $25.

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Olympic spirits high at Robson Square reopening

VANCOUVER 2010 Games

KRISTEN THOMPSON
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DOWNTOWN The 2010 Olympic mascots — Quachi, Sumi and Miga — were among the first skaters to test the new rink at Robson Square yesterday when it officially reopened after nine years.

Olympic gold medal-winning speedskater Catriona Le May-Doan and Premier Gordon Campbell joined throngs of spectators and media off-ice for the kick-off celebration.

"This revitalized plaza will be a fun and free place for people of all ages to gather and share in the Olympic spirit and celebrate during the 2010 Games," said Campbell.

"The GE Plaza will also play an important role as we showcase British Columbia to the world through events at Robson Square during the Games."

KRISTEN THOMPSON/METRO VANCOUVER

A boy skates at the GE Ice Plaza at Robson Square yesterday. The rink re-opened to the public after being closed for nine years.

The $2-million ice rink renovation is part of the province's larger $11-million upgrade to Lower Robson Square, which includes larger, more open domes and the installation of energy-efficient lighting.

The rink will open from 9 a.m. to 9 p.m. daily, not noon to 9 p.m. as reported yesterday.

Skate rentals are $3 and free for children 12 and under, and skating is free for people who bring their own equipment.

Hundreds still left out of homes after flood

RECOVERY An evacuation order was lifted yesterday but about 100 families remained out of their homes after flooding forced hundreds from their houses on central Vancouver Island.

Many flood victims left without being able to pack any of their belongings, but there were no reports of injury or death.

The area's New Democrat MLA, Bill Routley, said his home was one of dozens affected by the flood.

"We were up all night several nights in a row, trying to keep the water from destroying the basement," said Routley.

"We were carrying buckets there every 10 minutes all night long for hours."

Jim Price, a spokesman for the Provincial Emergency Program, said damage assessors could not get into 15 homes because they remained too full of water.

"The water table is quite high and it's not allowing the water to drain from crawl spaces and basements from some of the houses," Price said.

Price said the government has received 42 applications for financial assistance under the government's disaster funding, but disaster assistance assessors had only been able to inspect 27 homes.

THE CANADIAN PRESS

History

- Heavy rains and high tides caused the flooding in the Cowichan Valley on Friday and forced residents out of 300 homes.

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Tofino makes top 13 in song challenge

Tofino, on Vancouver Island, is one of the top 13 places Canadians want immortalized in song — a challenge answered by Oh Susanna through her song Tough City. The singer is one of 13 artists who composed a tribute to an iconic Canadian place — including Algonquin Park and the Cabot Trail — for the CBC's Great Canadian Song Quest. METRO VANCOUVER

Deal with care workers reached

LABOUR A deal has been worked out to save the jobs of 200 workers at three long-term care facilities in southern B.C.

Hospital Employees' Union members at Dufferin Care Centre in Coquitlam, Beacon Hill Villa in Victoria and the Nanaimo Seniors Village had all been told by their employer, Abbey Therapeutic Services, that it could no longer pay them.

The homes are owned by Retirement Concepts, which has stepped in through its subsidiary, Well Being Senior Services, to get an agreement with the union.

Under the agreement employees will keep their jobs at the same wages and benefits. THE CANADIAN PRESS

women against violence against women

Women Against Violence Against Women Rape Crisis Centre (WAVAW) is seeking a Victim Service Worker who is committed to a Feminist Anti-Oppression approach to her work. Preference will be given to Aboriginal women and women of colour who also speak additional languages representative of the population of Vancouver. This is a permanent P/T position with full benefits.

Closing: Dec. 09/09. Email resume to: admin@wavaw.ca

Closing Libraries?

Having private suppliers select library collections?

Vancouver Public Library Board will vote at a Public Meeting

Wednesday, Nov. 25

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Bright lights, big city park

Firefighters unite to set up charity holiday event for burn fund

KRISTEN THOMPSON
kristen.thompson@metronews.ca

It's taken more than three weeks and two million lights to transform the forest around Stanley Park's Children's Farmyard into a twinkling Christmas wonderland for Bright Nights.

Firefighters from around the Lower Mainland have volunteered around 4,000 hours working with park staff to set up the 12th annual holiday event, which opens Friday.

Visitors can walk through the woods under a canopy of Christmas lights or hop on the train and ride through a twinkling forest full of animated holiday displays. There will also be hot chocolate, popcorn and roasted chestnuts, and Santa will be working in his workshop. The event raises money for the B.C. Professional Fire Fighter's Burn Fund, and executive director David Dales said they're aiming to raise $250,000 this year.

"The money we raise here helps support burn research, education and prevention," he said. "But what it impacts the most is burn survivors."

"Children — the biggest group — their burn injuries are very horrific," said Dales. "They're not (necessarily) comfortable taking their shirt off in gym class so we offer a burn camp, and the firefighters pay airfare, food, everything … We give them one week a year where they will swim."

KRISTEN THOMPSON/METRO VANCOUVER

Delta firefighters, from left, Andrew Foreman, Eric Haist and Eric Wilson string lights in Stanley Park yesterday for Bright Nights, which starts on Friday.

Hours and dates

- Bright Nights runs every day until Jan. 2 — except Christmas — from 3 p.m. to 10 p.m.
- For more information visit vancouver.ca/parks/events/brightnights.

Father-son team hold blanket drive

STIG NIELSEN
for Metro Vancouver

CHARITY A Vancouver man and his son are holding a blanket donation drive next month with the goal of collecting as many as 10,000 for Vancouver-area shelters.

Since 2006, Greg Ould and his son Ben, 5, have been collecting surplus blankets and giving them to missions and shelters, all under the name Blanket B.C.

This year, they'll be outside Canada Line stations on Dec. 4.

Ould said he hopes to collect 5,000 blankets on the first day and another 5,000 later.

The blanket drive started when Ould encountered a homeless man and asked if he could help.

"Basically his comment was, 'All I need is a blanket to survive the night,' and it was just that statement, to survive, that prompted me to help, and I have been helping ever since," Ould said. That year, 2006, he collected 5,000 blankets.

In 2007, Blanket B.C. collected 16,000.

No more warnings — time to move over for crews: Police

ROADSIDE After a six-month warning period, police will start ticketing drivers who fail to slow down and change lanes when passing emergency workers at the roadside.

RCMP Supt. Norm Gaumont said since June 1 officers have been giving educational warnings only to let people know about the new Slow Down-Move Over legislation.

"That six months ends on Dec. 1. Now we are asking our members to educate through enforcement," Gaumont said in a statement. The penalty for not slowing to the designated speed, not moving over if it is safe to do so, or both, is $173 plus three penalty points.

"Now we are asking our members to educate through enforcement."
Supt. Norm Gaumont, RCMP

METRO VANCOUVER

News in brief

STORM Some staff sustained bumps and bruises and a few vehicles on the car deck were damaged when a late-night ferry from Prince George sailed into rough waters during a storm on Sunday night.

DEATH A Vancouver politician and architect who innovated urban planning in B.C. has died suddenly of Lou Gehrig's disease. Art Cowie, who resigned in favour of Gordon Cambell, died on Saturday at the age of 75.

PEPPER SPRAY Several people were left teary-eyed as a man used pepper spray in a room during a CD release party in Langley. No one has been arrested.

BREAK-IN Police are asking for help finding two masked suspects who tried to break into a Bell World shop in Langley. Police scared off the suspects as they tried to break into the business on 88th Avenue around 1:20 a.m. on Nov. 21.

METRO NEWS SERVICES

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Earthquake rattles southern New Brunswick

Some residents of southern New Brunswick were shaken by an earthquake Sunday evening. Police and emergency officials received many calls about a loud bang at 7 p.m. that shook homes and rattled windows. The province later said it detected an earthquake measuring 2.2 on the Richter scale. THE CANADIAN PRESS

Canada

Whistleblower had right to speak: MP

Foreign Affairs Minister Lawrence Cannon, left, says diplomat Richard Colvin had a right to make his explosive allegations about Afghan prisoners. He says Colvin exercised his prerogative as a whistleblower by saying Ottawa ignored his warnings that Canadian soldiers were turning Afghan detainees over to torture. At the same time, Cannon stuck to the Conservative government line that the allegations have not been proven.

THE CANADIAN PRESS

Calgary **Solar car challenge**

JEFF MCINTOSH/THE CANADIAN PRESS

Team members from the University of Calgary's solar car team unveil their new solar race car yesterday in Calgary, which will compete in the 2010 North American Solar Challenge. The challenge is a biennial event, based on a competitive field of solar cars crossing North America, powered by nothing but the sun.

POW transfers halted 3 times in '09: MacKay

Officials were concerned for Afghans, minister says

Concerns about the treatment of Afghan prisoners prompted Canadian soldiers to halt the transfer of POWs three times over the course of the last year, says Defence Minister Peter MacKay.

The suspensions are proof that agreements aimed at treating detainees humanely are working, MacKay said yesterday.

The assurances came as the government prepared to counter accusations from Canadian diplomat Richard Colvin that government officials turned a blind eye to the torture of Afghan prisoners transferred into the hands of Afghan authorities.

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SCANLIFE

A U.S. plan to work with anti-Taliban militias echoes the ideas of a Canadian general. Scan this code for the full story.

Learn how to scan the barcode with the instructions at the top of pg 3

That counterattack will include a highly anticipated appearance tomorrow before a parliamentary committee by former chief of defence staff Rick Hillier, who was ultimately responsible for Canada's mission in Afghanistan.

Also scheduled to appear are Maj.-Gen. David Fraser, who led troops on the ground in Kandahar, and Lt.-Gen. Michel Gauthier, who was responsible for overseas deployments in 2006.

The government yesterday acknowledged the suspensions of prisoner transfers to Afghan authorities for the first time, even though opposition parties have been asking questions about the treatment of detainees for months.

MacKay said the suspensions followed the refusal by Afghan authorities to abide by an agreement that guaranteed access to prisons where the detainees were being held.

THE CANADIAN PRESS

News in brief

RECALL The lawyer representing two federal Conservative agents had a rough morning as Federal Court began hearing a Tory case against Elections Canada related to 2006 advertising expenses. The Conservatives are seeking to have some 67 candidates from the 2006 election reimbursed for election advertising.

DEATH A toddler who died after falling some 15 metres over a railing at Toronto's Pearson International Airport wiggled out of his mother's arms as she turned her attention to her other child, police said yesterday. Foul play is not suspected in the 15-month-old boy's death and the fall on Sunday has been ruled an accident, police said.

ADOPTION Changes are needed to ensure more kids in the care of child welfare agencies find permanent homes and don't "age out" of the system before being adopted, says an editorial published yesterday in the Canadian Medical Association Journal. THE CANADIAN PRESS

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Public was not in danger: Nuclear plant official

Officials are trying to determine how workers cutting a pipe stirred up radioactive dust at the Three Mile Island nuclear power plant in Pennsylvania. Plant spokesman Ralph DeSantis said yesterday the public was not endangered Saturday, when a dozen workers were exposed to radiation. THE ASSOCIATED PRESS

World

Medvedev won't restore elections

Russian news agencies are quoting President Dmitry Medvedev as saying he won't restore gubernatorial elections. Medvedev's predecessor, Vladimir Putin, scrapped elections of Russian provincial leaders in what critics called a major retreat from democracy, leaving their appointment largely up to the president. Medvedev has stressed the importance of democracy but has done little to open up the electoral system.

THE ASSOCIATED PRESS

News in brief

AFGHANISTAN The U.S. yesterday agreed to hand out millions of dollars in development aid to provinces in Afghanistan that have eliminated or reduced the production of opium poppies, the raw ingredient in making heroin. Curbing the cultivation of poppies is the goal of a U.S. program that has doled out $80 million US since 2007. THE ASSOCIATED PRESS

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Prisoner swap close: Source

Israel, Hamas reportedly nearing deal for soldier, Palestinian prisoners

Israel and Hamas are close to a deal to swap 1,000 Palestinian prisoners for an Israeli soldier held for more than three years by the Islamic militant group, a Palestinian familiar with the talks said yesterday.

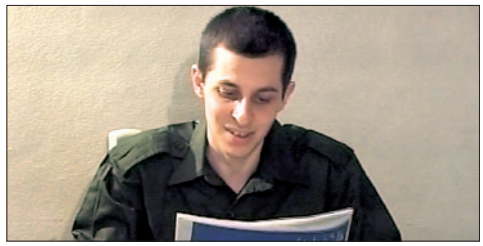
Israeli President Shimon Peres, who met with Egypt's president in Cairo Sunday, confirmed progress in the negotiations to free captured soldier Sgt. Gilad Schalit, but Israeli officials refused to comment further. Hamas' deputy political leader, Moussa Abu Marzouk, also said "there is progress" in the talks.

The Palestinian close to the talks said Palestinian prisoners would be released in two stages. The initial batch is expected to include many serving lengthy sentences for deadly attacks on Israelis. Among them would be Marwan Barghouti, a popular leader of Hamas rival Fatah, who is serving multiple life sentences for involvement in deadly attacks. Barghouti is seen as a top contender for the next Palestinian president.

While negotiations have been dragging on for years, conditions appear to be ripening for a deal. Though no official statements have been made, it appears that Israeli Prime Minister Benjamin Netanyahu is prepared to release more hardcore Palestinian militants than his predecessor, Ehud Olmert, fulfilling a key Hamas demand.

Hamas also has shown flexibility on some important issues, particularly Israel's insistence that some prisoners be deported after their release.

THE ASSOCIATED PRESS



Israeli soldier Gilad Schalit is seen in a video image provided by Hamas. Delegates travelled to Cairo yesterday to debate a final prisoner list presented by Israel for an exchange that would see Schalit freed after more than three years in captivity.

Report: 10-month freeze

- Israeli TV reports that Prime Minister Benjamin Netanyahu is proposing a 10-month freeze in construction in Jewish settlements in the West Bank. The freeze would not apply to Jewish neighbourhoods in east Jerusalem.

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Too many were in mine: Official

CHINA The coal mine that exploded in northern China, killing 104, had too many workers underground in an effort to increase output, a government official said yesterday, exposing the risks often taken to meet the country's insatiable energy demands.

The weekend gas explosion — China's worst mining accident in two years — was a blow to the government's recent efforts to improve safety standards in the industry, the deadliest in the world.

Grieving relatives, who wailed at the gate of the Xinxing mining office yesterday, were shocked that the such a blast could occur at one of China's state-run mines. THE ASSOCIATED PRESS

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Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Gunmen kill 24 in ambush

PHILIPPINES Philippine authorities yesterday promised to make arrests in the country's worst election massacre, which left at least 24 people dead and more than a dozen missing after gunmen ambushed a candidate's caravan in a region notorious for clan violence.

THE ASSOCIATED PRESS

Quake activist given 3 years in jail

A veteran dissident was sentenced to three years in prison after casting a spotlight on poorly built schools that collapsed and killed thousands of children during China's massive earthquake last year — an apparent government attempt to squelch such information.

Huang Qi, founder of a human rights Web site, had been charged with illegally possessing state secrets, his wife Zeng Li said yesterday by telephone.

His detention in June 2008 came after several posts on his blog that criticized the government's response to the massive earthquake that struck Sichuan province a month earlier and killed about 90,000 people.

Huang, 46, had alleged that state-controlled media provided skewed reports on relief efforts and accused the government of obstructing the work of non-governmental organizations responding to the disaster, according to reports at the time by Paris-based monitoring group Reporters Without Borders.

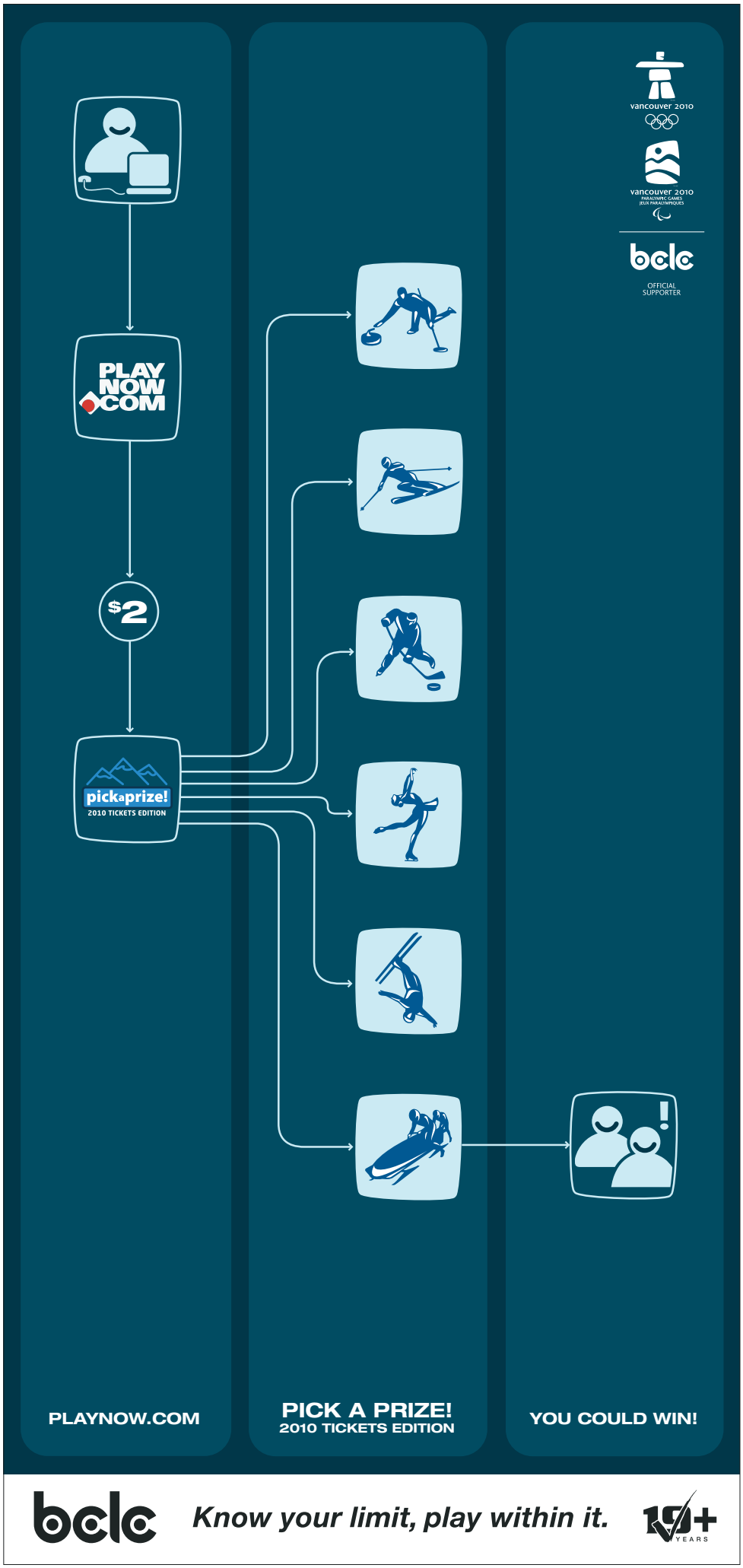
> **"The government is using its propaganda to portray itself as a saviour to little avail."**
> Huang Qi

"The government is using its propaganda to portray itself as a saviour to little avail," the group quoted him as saying in one web posting.

Huang had also spoken to foreign media outlets about parents' accusations that their children had been crushed in badly built schools. The government has attempted to quash such complaints, fearing the contentious issue could undermine the admiration and goodwill it earned for the massive rescue effort it led, boosted by volunteers and international aid.

But activists and parents have demanded those responsible for the shoddy construction be punished.

THE ASSOCIATED PRESS



Book tour takes Palin to U.S. army base

BOOK Sarah Palin brought her book-signing tour to North Carolina's Fort Bragg yesterday and hundreds greeted the former Republican vice-presidential candidate in a campaign-like gathering.

Palin's appearance tested Department of Defence regulations, which prohibit politicians from using installations as a platform.

Palin didn't give a speech and individually thanked soldiers, and a base spokesman said she was not campaigning.

But the bus parked nearby encouraged donations to her political action committee and supporters made clear that she should run for president.

Sarah Palin

Army officials initially barred media from the event, fearing coverage would lead Palin's backers to lob negative comments at U.S. President Barack Obama.

The military later relented and allowed media access.

Col. Billy Buckner, a spokesman for Fort Bragg, said the Army agreed to let Palin on post because she fell into a grey area.

"She's not a political figure per se, but she certainly carries a tremendous amount of interest and influence across the country," he said.

The former Alaska governor began a nationwide tour last week to promote a new memoir, Going Rogue.

She also has a planned visit to Fort Hood, Texas, Dec. 4 — just a month after 12 people were killed there in a shooting rampage.

Hundreds of Palin supporters arrived early at Fort Bragg. One woman spent nearly 24 hours in line.

THE ASSOCIATED PRESS

News in brief

PORTRAIT Former British leader Margaret Thatcher, 84, returned to London's Downing Street yesterday as she unveiled her own portrait, which has been installed in the official residence of Britain's prime minister. Thatcher was prime minister from 1979-90.

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Comment

Conservative track record tells story

NationalReport
Lawrence Martin
metronews.ca/nationalreport

When in doubt, check the track record. If that is done on the question of diplomat Richard Colvin's testimony on the Afghan detainees, the Harper government's side of the story doesn't make it to the dance floor.

The Conservatives have a long history of trying to shield embarrassing truths from the public and of smearing anyone who challenges them. It's one of the reasons critics were quick to pounce on Defence Minister Peter MacKay's attempt to undermine Colvin last week.

In the same week, the Tories were distributing flyers to various ridings trying to paint the Liberals as anti-Jewish. The charge is ludicrous. Michael Ignatieff, one of the most right-wing leaders on foreign policy the Liberals have ever had, is decidedly pro-Israel. But that's the way the Tories operate.

We recall how they went after Linda Keen, the former president of the Canadian Nuclear Safety Commission, and how they slandered Human Rights Commissioner Louise Arbour, calling her a "national disgrace." They smeared NDP members as being pro-Taliban. As for their record of secrecy and concealment, they may well exceed any Canadian government before them. They've muzzled their own ministers, shut down a giant government information registry, and made a mockery of access to information regulations.

No one should be surprised, therefore, if in fact they tried to cover up the Afghan prisoner abuse and are now forced into trying to discredit the whistleblower.

The Conservatives keep using smear tactics for a good reason. They work. Take the personal attack ads they launched against Liberal leaders Stéphane Dion and Ignatieff. Those leaders, who came out of the soft ivory tower of academia, had no response.

The Grits, hovering at historic low levels of 23 per cent in the polls, desperately need a new strategy. They've got to throw out the kid gloves and start responding to the Tories in kind. Ignatieff hasn't wished to be front and centre on the Afghan allegations because of his past controversial remarks on the use of torture.

But the torture allegations are only one element of this story. There's a bigger one. It's the alleged coverup. Iggy should smear the Conservatives with that. Unlike most Tory charges, it might even be true.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

How to read the Common Sense Index

InBusiness
Charles Davies
metronews.ca/inbusiness

Baffled by the gyrations of the stock market? Weary of economic pundits who keep on forecasting even though they've blown it nearly all the time?

Friends, you don't have to hold your breath for the Bank of Canada's next pronouncement. You can start predicting the economy's future by using some simple observational skills based on five key indicators in the Common Sense Index or CSI. The key components of the CSI go like this:

Bag factor: Sure, there are plenty of people walking around in shopping malls. But how many are shopping? That's why it's so important to count shopping bags. More bags equal more retail sales.

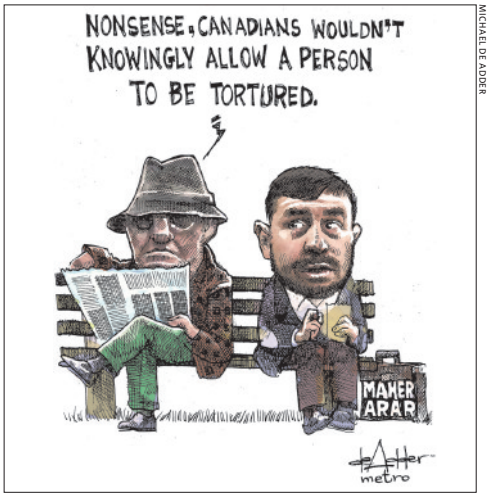
Lot loads: Drive through the industrial areas of your city and pay attention to factory parking lots. If the lots are pretty empty, you know we're not out of the woods yet.

Merchant anecdotes: When you shop, ask retailers about their business and whether they're seeing positive changes since earlier this year. Sometimes the results are surprising.

Bums on seats: If you go to movies, theatres, clubs, whatever, are there full houses? What sort of traffic is evident in restaurants, not just at lunch when there always seems to be activity, but through the rest of the day and night?

Hell on wheels: Huge trucks may make driving on major highways a nightmare, but the more there are, the more the economy is cranking over. Take a deep breath and be thankful that they're cutting you off or threatening to crush you.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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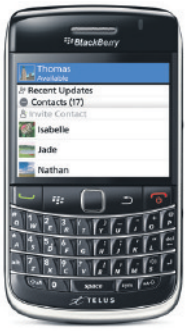

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UNIVERSITY CANADA WEST

12

Line swells at the bankruptcy office

Canadian businesses are starting to feel economic malaise, with 487 firms filing for bankruptcy in September. That's a 31.6 per cent jump from August. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Sales ramp up

Canadian consumers surprised economists with how much spending they did in September, but retail sales remained weaker than a year ago and gave little comfort to many retailers who fear the coming holiday season will be slow.

Statistics Canada said yesterday retail sales rose to $34.9 billion in September, up by one per cent from August, on increases across six of eight sectors.

While that was a notable increase and higher than consensus economic forecasts, sales numbers were 3.3 per cent lower than the same period last year.

"It's an improvement from the fairly hefty decline you saw in the last year, but it's still … indicating that conditions remain weak," said Paul Ferley, assistant chief economist at Royal Bank.

THE CANADIAN PRESS

TORSTAR NEWS SERVICE

Shoppers hit the malls.

Best to leave wiggle room

TORONTO Interest rates aren't going up anytime soon, but when they do the rise will be rapid, mortgage industry experts say.

Consequently, mortgage lenders and brokers have a responsibility to help home buyers assess their capacity to make higher monthly payments, and to constantly evaluate their chances for default. "There should be some prudence … by mortgage brokers to ensure people do leave a little wiggle room," Ivan Wahl, chairman and CEO of Xceed Mortgage Corp., said yesterday. THE CANADIAN PRESS

2 major banks back green projects

INVESTING The Greening Canada Fund for purchasing carbon offset credits from projects across Canada has received $13M in investments from two major banks, BMO and TD Bank. THE CANADIAN PRESS

Praise for Canada

- Even mortgage lenders weren't expecting the Canadian market to fare as well as it has.

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Huatulco 7 Nights 4.5-Star	from $598 + taxes & fees $263
Mayan Riviera 7 Nights 4-Star	from $647 + taxes & fees $264
Jamaica 7 Nights 4-Star	from $697 + taxes & fees $260
Varadero 7 Nights 4.5-Star	from $747 + taxes & fees $196
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Costa Rica 7-Nights 4-Star	from $1097 + taxes & fees $201

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San Francisco Weekend Air + 3 Nights. BONUS daily breakfast included.	from $429 + taxes & fees $108
Quebec City Air + 3 Nights. ADD 3-day car rental from $56 per day.	from $549 + taxes & fees $124
Scottsdale Weekend Air + 3 Nights 5-Star. ADD Phoenix / Valley Area highlights tour from $69.	from $559 + taxes & fees $97
Montreal Air + 3 Nights. ADD Montreal attractions pass from $22.	from $579 + taxes & fees $107
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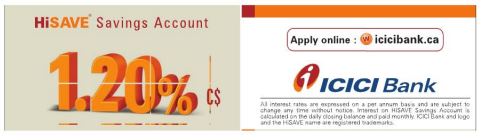
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Trim holiday spending

The thrill of thrift still has Canadians in thrall. Despite cheery "It s over!" proclamations about the recession, consumers from coast to coast appear determined to keep their holiday spending in check.

In fact, 44 per cent of Canadians have vowed to trim their holiday buying, which amounted to $571 per adult last year. But we all know what happens to resolutions made months before Bing Crosby s White Christmas is piped into every mall.

The solution is to arm yourself against your worst holiday spending enemy — you! Before heading out to brave the crowds put together a quick mini-budget.

Visa Canada s revamped financial literacy website, practicalmoneyskills.ca, has a handy holiday calculator that jogs your memory about all the things you spend money on during the season but are likely to forget in the busy days ahead.

Alison's Money Rule:

- The trick to not spending more than you can afford this holiday season is being aware of all the places your money goes before you hit the stores.

Few actually put a dollar figure to non-gift items or include them in a holiday budget. Every year I am shocked by how much festive candles, Christmas crackers, lights and special food items cost.

My daughter decided to get a professional family photo this year. Once she included an outfit for her son, a new blouse for herself and haircuts all round she spent as much getting ready for the pictures as the actual pictures themselves.

The Practical Money Skills calculator includes expenses such as cards, postage, baking supplies and charitable donations. Even holiday travel adds to your spending. On average, Canadians increase their driving and use of public transit by 30 per cent during the holiday season.

When it comes to gifts, many people do make a mental budget and plan to stay under a certain sum per person. But they forget sundries like a tip for the paper delivery person, coins dropped into the Salvation Army kettles and a bottle of wine to a colleague.

Spend half an hour with the holiday calculator and you re far less likely to over spend this season.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Stop-loss rules may deny claims

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I would like to contribute to my Registered Retirement Savings Plan (RRSP). I have shares that are not registered. Can I transfer the shares to my RRSP? Because of the market downturn the shares have lost their value. Can I deduct the losses this year?

— Alan

A In order to qualify for some tax deductions, what you do before Dec. 31 can determine if you get a tax refund or pay more to the federal government.

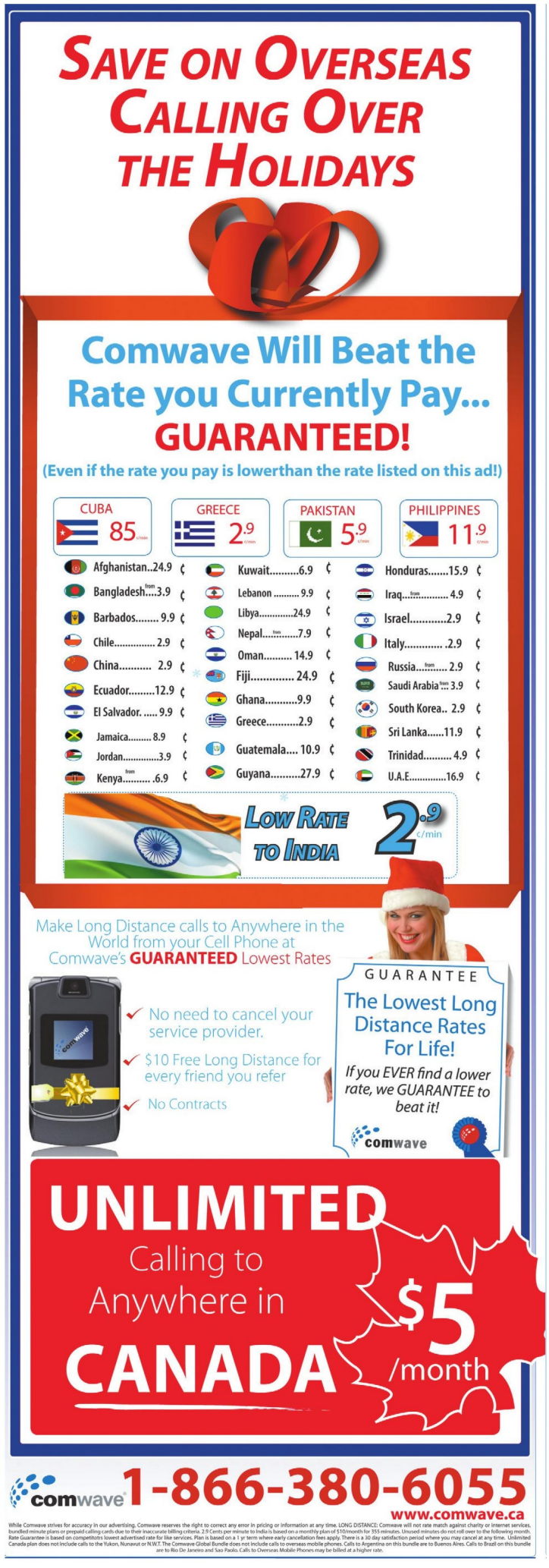
Investors should take stock of their investments, particularly in these volatile times. It is a good time to rebalance your portfolio and get rid of "darlings" of the past and look at the future.

Generally, sale of non-registered shares at a loss can be used to reduce capital gains in the year — effectively reducing your tax liability. Additionally, losses can be carried back three years to recover prior year taxes on gains.

There are stop-loss rules that may deny losses on some dispositions. An asset transfer from a non-registered account to an RRSP (registered account) can be executed by your broker and shares kept intact. However, stop-loss rules may apply and the loss for tax purposes may be denied under the circumstance. This is consistent with the sale of shares at a loss and repurchased within 30 days.

Before transferring or selling shares, consult your broker/accountant.

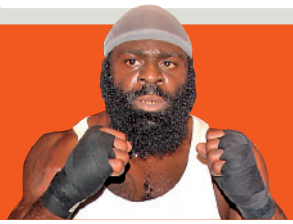
Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca



Mauer voted MVP

Joe Mauer, left, became only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote yesterday. The Minnesota Twins star received 27 of 28 first-place votes. THE ASSOCIATED PRESS

Sports



Slice to make UFC debut

Heavyweight Kimbo Slice will make his live UFC debut Dec. 5 on the Season 10 finale of The Ultimate Fighter, Spike TV confirmed yesterday. The TV network said Slice's opponent in Las Vegas will be named at a later date. There has been speculation that it could be hard-hitting light-heavyweight Houston Alexander. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Soderling deals Nadal second loss in a row

TENNIS Rafael Nadal lost to Robin Soderling for the second straight time, falling 6-4, 6-4 yesterday in their opening round-robin match at the ATP World Tour Finals.

Soderling, who handed the Spaniard his first ever loss on clay at the French Open this year, powered his way through the Group B match by mixing a hard forehand with a solid backhand to keep Nadal running all over the hard court at the O2 Arena.

"He is a big player in this surface, so (it) is difficult," Nadal said. "I didn't play really bad. But in the important moments, I didn't have this calm, this necessary calm, to win these matches against the best players of the world."

In the late match, Novak Djokovic rallied from a poor start to beat Nikolay Davydenko 3-6, 6-4, 7-5 and move a step closer to the semifinals of the season-ending tournament for the top eight players in the world. THE ASSOCIATED PRESS

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QB questions for Lions

Unclear who will be starter next year, or if Printers will stay

Casey Printers was as evasive about his future with the B.C. Lions as he is when scrambling from the clutches of a defensive end.

The only thing that's certain is that Printers will be in the option year of his contract after re-signing with the quarterback-starved Lions in September.

But his status as a starter and whether he'll supplant brittle Buck Pierce as the No. 1 pivot will be one of the uncertainties of the CFL's off-season.

"We'll be back and we'll see what happens," Printers said as the Lions cleaned out their lockers yesterday. "I can't tell you what's going to happen because I don't know."

The Lions' season ended Sunday with a 56-18 mistake-filled loss to the Montreal Alouettes in the East Division final.

Many teammates didn't have answers about their future but expected changes. The Lions shed nine players and lost two to the NFL before this year's training camp.

Asked if he'd be happy to return, the 27-year-old Printers, who started the last three regular-season losses and won one of two in the playoffs, replied:

"We'll see. I can't give you a definite answer because I don't know. If the opportunity presents itself, then, of course. But again, the opportunity has to be extended." THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

B.C. Lions quarterback Buck Pierce leaves after cleaning out his locker at the team's practice facility in Surrey, B.C., yesterday.

Habs, Wild swap young forwards
Benoit Pouliot is headed to the Montreal Canadiens after being traded from the Minnesota Wild for Guillaume Latendresse. THE CANADIAN PRESS

New league has old name

Pele may not be suiting up, but the NASL is making a comeback.

The second division men's professional soccer league is scheduled to begin play this spring. It announced its name yesterday, and it should be familiar to soccer fans in Canada and the United States: The North American Soccer League.

The original NASL lasted from 1968-84 and briefly made a splash with the likes of Pele, Franz Beckenbauer, Giorgio Chinaglia and Johan Cruyff.

The new NASL has nine teams: Vancouver Whitecaps FC, Montreal Impact, Carolina RailHawks, Atlanta Silverbacks, Crystal Palace Baltimore, Miami FC, Minnesota Thunder, St. Louis Soccer United, and Tampa Bay Rowdies.

The league has applied to the U.S. Soccer Federation for sanctioning and is looking for a commissioner.

"By becoming the NASL, we are paying respect to the players, coaches and leaders who were pioneers for men's professional soccer in North America, many of whom remain involved and committed to the growth of our game in various capacities throughout the U.S. and Canada," said Selby Wellman, principal owner of the RailHawks. "For that, we honour and thank them with a new era for the NASL."

THE ASSOCIATED PRESS

NFL Titans top Texans

DAVID J. PHILLIP/THE ASSOCIATED PRESS

Houston Texans running back Steve Slaton pushes his way over Tennessee Titans safety Michael Griffin and Keith Bulluck to score a touchdown last night in Houston. The Titans won 20-17.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

N.Y. Islanders 4 Toronto 3 (OT)
Ottawa 4 Washington 3 (OT)
Boston 4 St. Louis 2
Nashville 3 Detroit 1
N.Y. Rangers 7 Columbus 4
Pittsburgh 3 Florida 2 (OT)
Dallas 2 Carolina 0
Colorado 5 Philadelphia 4
Edmonton 4 Phoenix 0
Calgary at Anaheim N

NBA

YESTERDAY'S RESULTS

Memphis 116 Sacramento 105
San Antonio 112 Milwaukee 98
Chicago at Portland N
Minnesota at L.A. Clippers N

NFL

YESTERDAY'S RESULTS

Tennessee 20 Houston 17

Stress-busting tip

Get involved in intramural sports. Exercise is also a well-researched way to manage stress, and intramural sports bring together all different kinds of people on campus, from professors to students, staff, and administrators. SIMPSON.EDU

Continuing Education

Study tip

If you're taking more than one class at a time, study difficult subjects and those you don't find very interesting first, when your energy level is higher. Don't put those off until it's midnight and you can only think about sleep.

SIMPSON.EDU

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Sustainability, retooling key

RAFAEL BRUSILOW
for Metro Canada

Sustainability and retooling the skills you already have to match market changes will continue to drive an upsurge in continuing education program enrolments, experts say.

Judith Plessis, executive director of continuing studies at the University of British Columbia, says the current market downturn has pushed holistic business practices and sustainability to the forefront of employers' minds.

"I think sustainability will drive a lot of business processes going forward. People realize that something's broken. If you're one of the people who are in charge, you've got to think through about sustainability and what fuelled this recession," she said.

Skills are more important than ever, but Plessis says technology has forced traditional skill sets to adapt and change in subtle ways.

Continuing education students are looking to retool their skills.

Whereas in the past a project manager might have done fine with "hard" skills learned exclusively in business school, today that same manager needs to have a profound knowledge of social networking, communications technologies and job descriptions well beyond their own.

"To be able to be rehired, it's not just about upgrading, it's retooling your skills as well. It's not so much about the hard skills but also a very creative way of seeing soft changes. You have to understand the whole view of what technology has changed in the world and how it impacts your job," she said.

Marilynn Booth, director at the University of Toronto School for Continuing Studies, says the popularity of continuing education courses has definitely surged throughout the country this year. Enrolments are up 15 per cent over last year in U of T's continuing studies programs alone, showing that people are committed to strengthening their careers in this recession.

"People realize that something's broken." Judith Plessis

"When the economy gives people cause for worry, people take their careers into their own hands to position themselves for a stronger career. What we're seeing is continued growth across the board, particularly in our business and career-oriented courses," Booth said.

While in good economic times employers often foot the bill for extra studies, Booth says the tough economy has meant many new students are being forced to foot the bill themselves.

Booth says bio-technology, project management and credential-granting courses are seeking the highest increase in enrolments.

"Students are trying to find a pathway to employment and it's common sense that they're positioning themselves for greater things as they seek higher unemployment," Booth said.

Students get break for Games

ANDREA WOO
for Metro Vancouver

Continuing education students, along with undergraduate students, will get a break from their studies during the 2010 Winter Olympics.

Ken Florkow, director of learner services at BCIT, said some scheduling will be restructured during the Games.

"We recognize that people are going to want to attend the Olympics, and commuting could be difficult," he said, noting that no classes will be in session Feb. 13-28. "Some classes might start a week early, some might go a bit longer on a daily basis, and some might provide an assignment to be done in lieu of class time over the Olympic period."

However, facilities such as the library will be available.

It is the same story at Simon Fraser University, where dean of continuing studies Tom Nesbit says no undergraduate or graduate courses will be offered during the Games.

"Transit and travel in the downtown core will be seriously affected, and this will impact both students and staff," he said. "To prevent serious disruption, some continuing studies programs have made other arrangements."

The changes at SFU will last throughout the Olympics and Paralympics, said Nesbit, and around "a week or so on either side." The Vancouver campus will be affected most.

Similarly, the University of B.C. has extended its reading week to two weeks, from Feb. 15-26. There will be no classes for undergraduate or graduate students, with the exception of first- and second-year medicine and dentistry students, according to Michelle Aucoin, director of the university's 2010 Olympic and Paralympic Secretariat.

Several school campuses — such as BCIT and SFU's Burnaby campuses — will also be providing 2,000 to 3,000 parking spaces each as part of the Olympic bus network.

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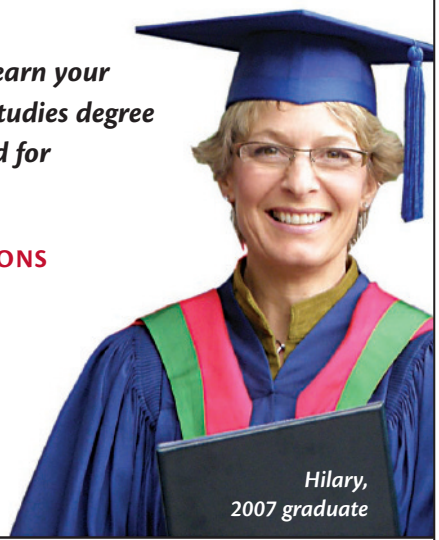

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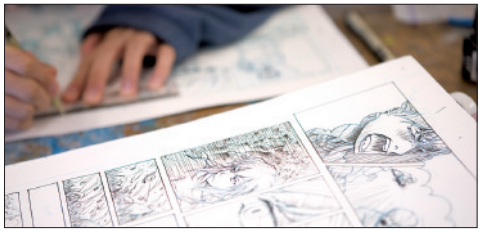
Study tip
Form a study group. Plan to meet before class, after class, or even on a different night to go over notes, assignments, and readings. Working together is not only a great way to learn — it's also a great way to gain support. SIMPSON.EDU



Students will have created one or two pages of comic art by the end of one of Emily Carr's intro to graphic novels courses.

The art of comics

DANIEL TAM
for Metro Vancouver

Comic books are finally accepted in mainstream media after years as an afterthought in the world of literature circles, according to a Lower Mainland university professor.

Emily Carr University of Art and Design's continuing studies program offers five courses that teach students how to put their own words and ideas into panels and thought bubbles.

Julian Lawrence, who teaches two graphic novel courses at the university, attributes the continuing development of the classes to the increased acceptance of comics in the mainstream.

When Lawrence was attending university some 20 years ago, there were no courses available for him to fulfill his desire of drawing comics.

"I was really encountering a lot of resistance from profs because I wanted to do comics and do something that was more representational and illustrative," said Lawrence. "I've always found comics to be a great way of artists being able to make a personal statement."

Lawrence teaches both a first-level and second-level course, the former being an introduction to comics and the latter exploring digital production.

"We talk about the history of graphic novels and comic books," Lawrence said about his level one class. "We talk about some of the techniques and skills that you need to create characters, tell stories and basic drawing techniques such as perspective, composition and layout."

The second-level course is for students who want to upload their work to blogs or webpages.

"It deals with taking the pen and paper artwork and bringing it to the digital domain," said Lawrence.

Lawrence said the students attending his class range from "18-year-old students who are really into comics because that's what they read as a kid, to elementary or high school teachers who want to learn about it and integrate it into their classrooms."

"The students that I'm teaching; some of them do get into it as a career, some of them want to learn about the art form itself, and some of them have story ideas and think that it's a good venue for expressing ideas," he said.

Lawrence said that graphic novels can not only succeed in a university setting, but in a high school and elementary one as well.

"Comic books in high schools and elementary schools is a great way of increasing comprehension and engaging students' learning," said Lawrence.

"I'm really glad to see that comics are being accepted as a genuine art form," said Lawrence.

'Mothering the mother'

LINA TOYODA
for Metro Vancouver

A doula is a woman who helps another woman during and after birth to support her emotionally and physically, as well as providing information for the new mother.

Derived from the Greek meaning "to serve," doulas are now recognized as a member of the maternity care team.

Douglas College's perinatal program, a leader in birth and labour education offers doula training — a labour support program — which is one of the most significant areas recognized in a better birthing process.

"Basically what we're doing as a birth doula and postpartum doula is mothering the mother," says Kathleen Lindstrom, perinatal program manager of Health Sciences at Douglas College, who has been present at more than 500 births, and teaches the doula training workshops.

Douglas College offers doula training.

"Women supporting other women in labour isn't anything new, and goes back thousands of years," she said. "Historically, women have always been with women in labour and birth, and that changed when birth went into the hospitals. And birth became something that was done to women, not something women did."

Lindstrom has offered the birthing doula program at Douglas College for the past 16 years as well as training for the postpartum doula.

"We do a two-day training to get them started toward their certification process. We're affiliated with DONA International, which is the certifying body for our doulas. So the first step is to take this workshop and then they have up to three years to complete their certification," Lindstrom said.

DONA is the international body for education and certification of doulas with a presence in 22 countries around the world.

Research has shown that information and consistent emotional and physical support had many benefits to the well-being of both the mother and baby.

There's a lot of training but it's all in the clinical aspects of birth, says Lindstrom. "That was the piece that was missing. The consistence of physical, emotional, and informational support."

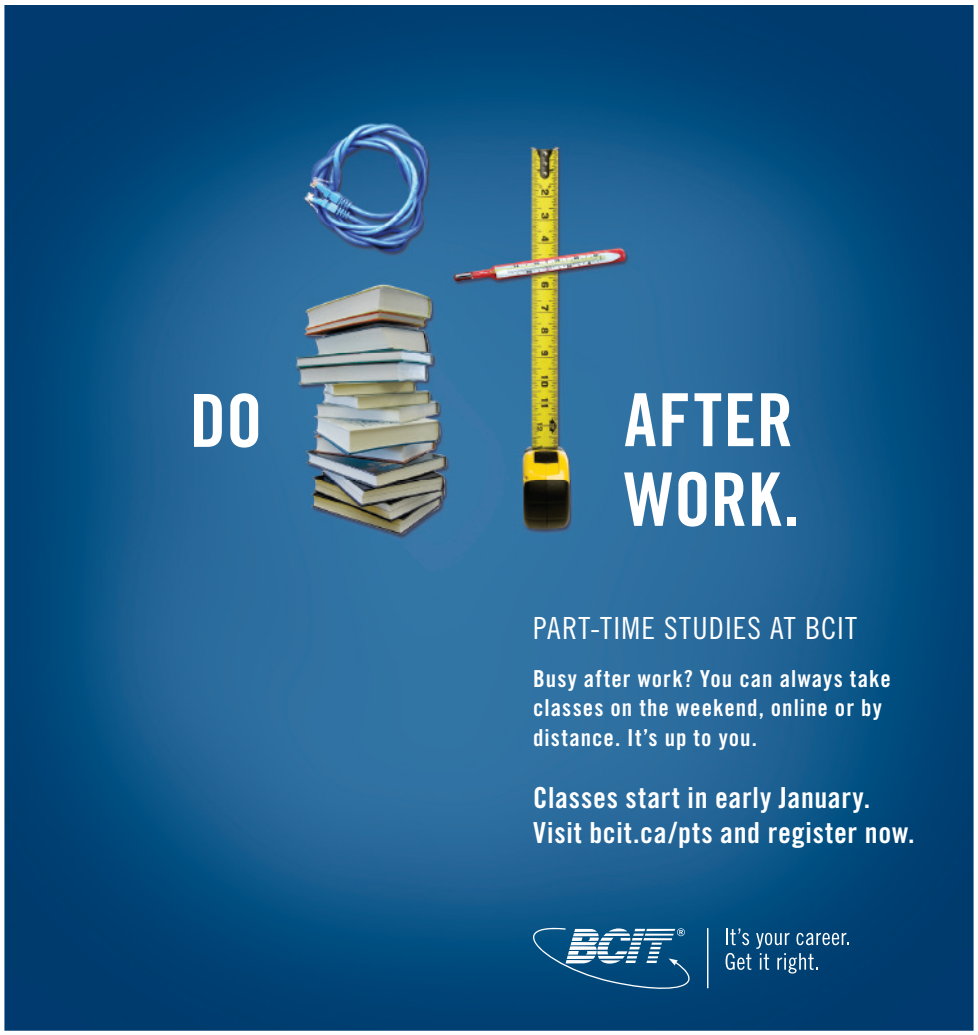
The doula's role is complementary to other health-care providers, and she will meet with the woman and the family ahead of time so she is a known presence for the woman, says Lindstrom.

"If she's delivering in a hospital, it's usually with people she has never met before."

Lindstrom, who also teaches doula training at UBC's medical, nursing and midwifery programs, received an award last Thursday for excellence in inter-professional education for the collaboration.

The youngest doula the program has certified is 15 years old and the oldest is 72, says Lindstrom.

For more info, visit bc-doulas.org.



Form a support group

If you're dealing with a specific issue in your life, such as balancing school with the demands of raising a family, consider asking others to meet informally once a week to share frustrations and methods of coping. SIMPSON.EDU

Balancing life, school a struggle

LEYLA EMORY
for Metro Canada

Rosemarie Clarke is "exhausted." But it's worth it, says the full-time registered nurse, wife and mother, choir director, committee member and, since fall of 2008, continuing education student.

Balancing life and education is a struggle. The key is somewhere between the how and the why, says Shelagh Kennett, head coach at Career Coaches of Canada.

"If you understand the 'why' you can endure any 'how,'" she says, quoting motivational speaker Les Brown.

"When you make the decision to go for it, post a picture of your goal and place it in an obvious place like in the bathroom where you brush your teeth or hang it on the rearview mirror of your car. You are the only person that can keep yourself motivated and positive."

But getting friends and family involved is also crucial.

"Success in continuing education is realizing that it's a team effort," says Gervan Fearon, dean of The Chang School of Continuing Education at Ryerson.

"Ensure your family, friends and employer understand what your educational goals and aspirations are," Fearon says. "It becomes a shared partnership where the family understands that there may be certain times you may not be available."

By her second semester, Clarke realized she had to scale down on some of her other commitments.

"Whatever it's going to affect, be it extracurricular activities, or your home or job, tell the people ahead of time and let them know you're not giving up on them but you have this commitment and you need to plan around it," Clarke says.

"Success in continuing education is realizing that it's a team effort." Gervan Fearon

On nights when she's in class or working on assignments, Clarke's family knows they need to fend for themselves.

"If I had an essay due, I would come home and I would let everybody know: You guys are either going to have to cook for yourself or cook for me. I'll help you out when I can but you've got to give me my space."

The sacrifices come with benefits.

"Education has so many parts to it," says Fearon. "Not only is it great in building career development and profession, it also provides life experiences and engagement with a group of people that can become lifelong friends."

For Clarke, the how of getting her nursing degree with continuing education is worth the why.

"The biggest sacrifice is time for myself," she says. "Getting adequate sleep and stuff like that. But I tell myself I'm going to school for me, so it's also my reward."

Getting friends, family and your employer involved in your education will help you to balance life, work and school, experts say.

On the road to success

Below are some tips from Shelagh Kennett, head coach at Career Coaches of Canada, on how to balance life and continuing education:

- Print a monthly paper calendar each month, use a colour marker, and put a letter for the most important component of the week you might forget and want to make a priority. Put the calendar right on the wall beside where you brush your teeth. It has to be in your face everyday.
- Have a "sticky board." Make the top row the "to do" list for today or "as soon as possible". Use small stickies and reuse if there is room to write again. This way you have a way to literally plan, chart, write, see, remove when done, all the things you have identified as priorities.
- Do this by having a planning session with yourself once a week. This "penciled in" time to organize and prioritize also gives you a feeling of control and order that seems easier to manage and lets you see the progress as the stickies come off.
- Be realistic with what there is time for and keep track of how "balanced" your time is each week so you can continue to re-vamp and improve your balance and your life.

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School tip
Perform! Try out for choir or band, or audition for a part in a school production. Having a creative outlet is a great way to manage stress, and it's also a wonderful way to meet people. SIMPSON.EDU

Experience exotic with UBC

ANDREA WOO
for Metro Vancouver

Eating delicious foods, checking out fashion and architecture and dancing in Buenos Aires' top tango bars, it's easy to forget one is in the South American city as part of an educational program.

But for two weeks each year, students of Nina Perez's cultural immersion travel program at the University of B.C. get to do just that, while simultaneously learning about Buenos Aires's culture from the native Argentinean.

"It was a great trip," said Vancouverite Bob Beck, who signed up for the program last year with his wife Maria. "We had some great historical and artistic tours of the city, went to a really great tango school, and had a variety of restaurant experiences."

Perez — who is also director of Baila Vancouver Dance School — says it enables people to immerse themselves and learn about the city in a fun way that may not be easily accessible for tourists.

PHOTO SUBMITTED

University of B.C. culture immersion program instructor Nina Perez, centre, with students outside the Museo Nacionale de Bellas Artes in Buenos Aires last year.

"I'm from Argentina, so I take (the students) everywhere," she said. "You get to meet a lot of the locals and find out about a lot of the events that are sometimes not in guidebooks."

Students also learn practical, every day tips like how to use the subway system.

"I was told that was one of the best things that we did, because some people extended their stays and were so independent," said Perez. "They were able to navigate the city without knowing a lot of Spanish."

Beck, who plans on going again, says going with a local at the helm means making the most of the trip and not wasting any time.

The next Buenos Aires trip is scheduled for the fall of 2010. It costs $2,950 and includes tango lessons, visits to tango bars, excursions, some meals and apartment accommodation. Airfare is not included.

While the ability to speak fluent Spanish is not mandatory, the two-week trip is preceded by seven weeks of optional Spanish-language tango lessons.

The University of B.C. also offers a language immersion program, which is similar to the cultural immersion program but requires knowledge of the language. Next year's trips include Puglia, Italy, and Bordeaux, France.

More online

- For more information, go to languages.ubc.ca/travel.

SFU offers opera class

DANIEL HENDRIKSEN
for Metro Vancouver

Opera. Everyone's heard of it, but how many people actually know what it is?

Luckily, Simon Fraser University's Vancouver Campus at the Harbour Centre offers courses that give a little more insight as to exactly what opera is. SFU offers a variety of courses that are intended to educate novices and experts about great opera composers and their compositions.

"Opera has been a mystery for a long time for a lot of people. We felt that this was a way for us to provide some background into all aspects of it so that it would be more accessible and more enjoyable," says Julian Benedict, co-ordinator of opera studies at SFU.

The Opera Studies program was designed in 1974 by Dr. Alan Aberbach. Aberbach's infatuation for opera is still just as strong as it was more than 30 years ago, says Benedict.

"He's had a passion for opera for decades, he's almost 80 now. He taught the first course in our opera studies program in 1974 here in Vancouver, and he continues to teach today," says Benedict.

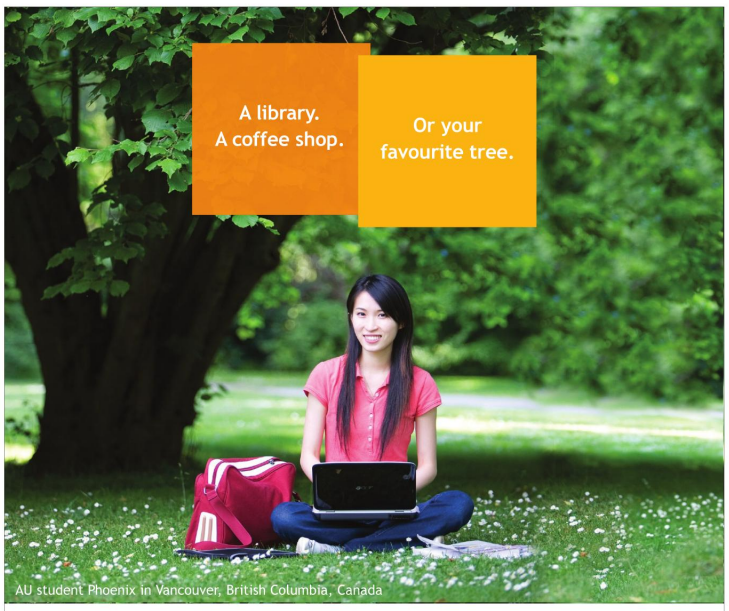
The program builds off Vancouver's growing and vibrant opera scene, something Benedict says is alive and well.

"Opera is taking off in Vancouver; Scotiabank Theatre actually presents live opera shows from The Metropolitan Opera in New York. They're often sold out weeks in advance and in some cases they have to have two or three theatres operating to accommodate the demand," he says.

The courses offered at SFU range from $38 to $110 and are open to people of all ages. The courses begin in September, January and May of each year and are a blend of six-week courses and one-day events. Registration for spring 2010 began on Nov. 16.

"We have about 300-400 students registered for this year already and that is up about 30 per cent from last year," says Benedict.

For more, go to sfu.ca/operastudies.



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Pizza cooking tips

Preheating a baking sheet helps make a crispy pizza crust. Use a pizza stone instead if you have one. If you have perforated pizza pans, you don't need the hot baking sheet. THE CANADIAN PRESS

Food

A new "kid-friendly" symbol appears on 12 of the 27 recipes featured in the 2010 Milk Calendar. THE CANADIAN PRESS

Free recipes

View the 2010 Milk Calendar online at MyMilkCalendar.ca. All 27 new recipes (including the Presto Pizza, pictured left) and video cooking demonstrations of the 13 monthly recipes will also be available.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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Peter Rockwell

metronews.ca/liquidassets

A comeback...

Even though we won't be saying adiós to the first decade of the 21st century for a few weeks, I believe it's never to early to reminisce — especially when so much has changed across the liquor landscape.

Back in the good old days of 2000, wine's wave of popularity was tsunami-sized with Australia hanging 10 and South Africa finally up on its board after some bumpy post-apartheid years. Ten years later both countries are treading water as easy-drinking, cheaper juice from South America floods store shelves.

From South Africa comes **Boekenhoutskloof's The Wolftrap 2008** ($13.95 - $14.99): A union of two red grapes (syrah and mourvèdre) and one white (viognier) that's packed with soft smoky, meaty aromas and balanced flavours of cherry, chocolate and black pepper.

Nugan Estate's 2007 Cookoothama Chardonnay ($12.99 - $15.99) is a lightly oaked Aussie white with bright, tropical fruit and a hint of herbal spice that, like The Wolftrap, would make nice with next month's big holiday feast.

Personal Gourmet recipe of the month

ROSE REISMAN

Diabetes-friendly fare

November is Diabetes Month. There are three million people living with Diabetes Type 2 in Canada and those numbers are rising quickly.

Children and teenagers are also getting this serious disease, due to unhealthy eating and sedentary lifestyles. Did you know that you could prevent or reduce the risk by as much as 60 per cent if you just ate a healthier diet and introduced exercise to your life? It's that easy.

Here are some diabetic-friendly recipes to get you started. It's no longer about cutting out certain foods, but eating them in moderation and balancing them throughout your day.

Rose's lower fat Philadelphia cheese steak

Philly steaks, grilled thin steak topped with loads of cooked vegetables and cheese, are all the rage now in Canada. Naturally they originated in Philadelphia.

MAKES 8 HALF SANDWICHES

INGREDIENTS:

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 tsp crushed garlic
- 2 tsp brown sugar
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 cup sliced red bell pepper
- 1 cup sliced green bell pepper
- 8 oz grilling steak
- 2 oz grated provolone or Gruyère cheese (3/4 cup)
- 2 Tbsp lower-fat mayonnaise
- 3 Tbsp lower-fat sour cream
- 2 tsp grated horseradish
- 4 small whole wheat rolls (6-inch)

Miniature New York-style cheesecakes.

METHOD:

Preheat oven to 425°F. Line a baking sheet with aluminum foil.

1. In a large non-stick skillet sprayed with vegetable spray, heat the oil then add the onions. Sauté for 8 minutes on medium heat. Add the garlic, brown sugar, salt, pepper and bell peppers. Sauté for another 5 minutes. Keep warm.

2. In a hot non-stick grill or skillet sprayed with vegetable spray, cook the steak just until done to your preference. Cool for 5 minutes then slice thinly. Add to the vegetable mixture.

3. Combine the mayonnaise, sour cream and horseradish. Spread thinly over both sides of the rolls. Divide the mixture between 4 rolls, sprinkle with cheese and replace the top half of the bun. Slice in half. Bake for 5 minutes.

Rose's lower fat Philadelphia cheese steak.

Miniature New York–style cheesecakes

These petite cheesecakes are perfect for one serving and leave none to go to waste. They use Splenda not sugar, so they are diabetic-friendly. Feel free to substitute sugar if you wish. They can also be served sooner than a regular sized cheesecake, since they don't need the same amount of time to chill. Always be sure to bake the cheesecakes in a water bath — a pan filled with water — to keep them moist and to prevent them from sinking in the middle. Serve with fresh berries or a fruit-based dessert sauce. I often like to serve these with a drizzle of melted fruit sorbet, such as mango or raspberry.

SERVES 12

INGREDIENTS:

- 1 3/4 cups smooth 5% ricotta cheese
- 3 oz lower-fat cream cheese, softened
- 1/2 cup lower-fat sour cream
- 1 large egg
- 1 tsp pure vanilla extract
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp lemon zest
- 3 Tbsp all-purpose flour
- 2/3 cup Splenda

Garnish

- Berries
- Icing sugar

METHOD:

Preheat oven to 350°F. Line a 12-cup muffin tin with paper muffin liners.

1. In a food processor, combine both cheeses, the sour cream, egg, vanilla, lemon juice, lemon zest, flour and Splenda and process until smooth and creamy. Divide the mixture among the prepared muffin cups.

2. Set the muffin tin in a larger pan or baking sheet with sides. Pour enough hot water into the pan to come one-third to halfway up the sides of the muffin cups.

3. Bake in the centre of the oven for 20 minutes.

4. Remove the muffin tin from its water bath. Let the tin cool on a wire rack. Chill for one hour. Garnish with berries and icing sugar.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

SPECIAL FOCUS ON:
Holiday beauty

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Pick a pretty palette

How to choose from among myriad options

JANINE FALCON
for Metro Canada

Few of us girls can resist the lure of a little box full of pretty squares of colourful cosmetics, especially because they're priced so well. But when faced with the dazzling array of multi-hued makeup kits in stores today, how do you choose? Here are five key tips:

Sephora Collection Blockbuster To Go, $20, Sephora.

Smashbox Eye Wish Palette, $51, available exclusively at Sephora.

Cargo Hands of Hope, $29, available at Murale.

Buy for love

If among the glittering sea of choices one calls to you loudly, you have your palette answer. Whether it's because the kit is too darned cute, like Tsumori Chisato for Shu Uemura's Planet Cat Palette; killer in its colour range, like CARGO's Hands of Hope; or made by your go-to brand; snap up your favourite and don't look back.

Consider what you need

If you have a mascara you swear by, or already have great makeup brushes, you don't need a kit that includes them. If you're all about eyes or lips, targeted palettes such as Pupa's Diamond Palette or YSL's glam Your Lovely Palette Duo Lip Colour are all about you. If you're a traveller, look for a compact choice that has everything you need for a fresh face, such as Benefit's Celebutante makeup kit, or mark.'s Super Flip Color Kit of shadows, lipstick and gloss.

Colour yourself happy

Are you a neutrals girl or mad about colour? Do you want to keep things simple by focussing on eye colour, or choose your own makeup playground? Choices abound from Almay, Physicians Formula and CoverGirl when it comes to amping up your eye hue, and Mary Kay Cosmetics offers the chance to create a personal choice with a Compact Pro palette.

Try something new

One of the best things about makeup kits this time of year is the chance to try a new brand at a fraction of what it would cost to buy all those shadow/blush/gloss shades separately. Look to beauty meccas such as Sephora and Murale for tons of options from a range of companies, large and small.

Surprise your budget

Palette size doesn't always equal budget size! Look to Quo Cosmetics for covetable kits to suit a range of wallets, and Zellers now carries E.L.F., a super-affordable line that includes Beauty Encyclopedia kits of eye shadow or lip colour. You can make your budget feel good with a gives-back purchase, too — anything from the Smashbox Wish collection sends $1 to the Children's Miracle Network, and the M.A.C. Viva Glam Lip Kit donates every bit of the retail price to the M.A.C AIDS Fund.

Murale: makeup mecca

The eagerly awaited local doors of Canada's newest beauty mecca, Murale, recently swung open at the Oakridge Mall, much to the delight of the city's beauty-obsessed, whose appetite appears merely whetted by Sephora. "I love Sephora like a kid loves candy," says makeup artist Joy David-Tilberg, founder and editor of MakeupJunkie.ca. "Murale just offers a whole new experience. I love the bright, wide open space because I need all the room there is to play away. It also offers a lot of lines that Sephora doesn't, like Chanel and YSL to Gosh and Quo."

The retail store, which is owned by Shoppers Drug Mart Corporation, already has locations in Ottawa, Montreal and Toronto with plans to open four more in Canada this year, including in Calgary.

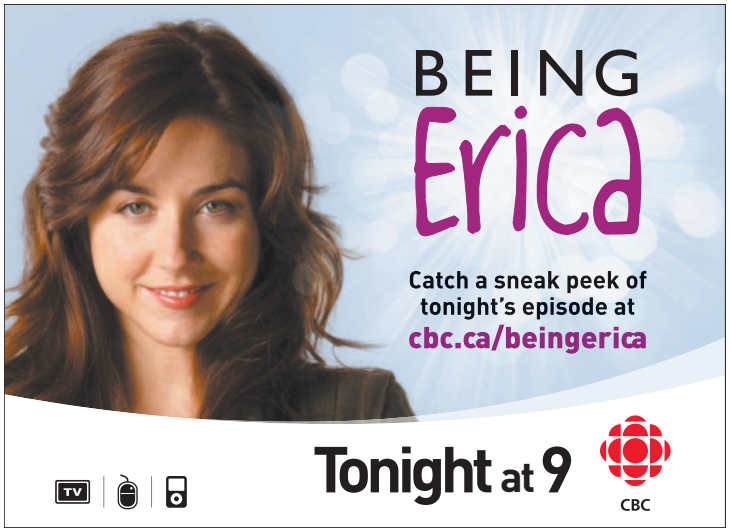
Ali de Bold, co-founder of social-media shopping site ChickAdvisor.com, is impressed with Murale's service elements, which include a pharmacy counter, skin-analysis station, mini brow-shaping bar and a private cabine for spa services such as facials. "There's a wide variety of price points, too, so you can get your favourite L'Oréal Paris mascara with a new Bobbi Brown eye shadow or Nars lipstick," adds de Bold.

Bobbi Brown metallic long-wear cream shadow, $28.

Chanel Le Vernis nail colour in Intermezzo, $26.

Murale's range of niche and exclusive brands are a hit as well. The selection includes the Lippmann Collection, nail care and colour from celebrity manicurist Deborah Lippmann; Companie De Provence, a contemporary bath and body line with traditional en Provence roots; Potter & Moore, fine English fragrances with a story dating back to 1749; and Principessa Beauty, a sweet Canadian line of spa-inspired body treats.

JANINE FALCON/ FOR METRO CANADA



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Finding a fitting fragrance

Scent expert Marian Bendeth connects perfume and personality

JANINE FALCON
for Metro Canada

When choosing perfume for yourself or as a gift for someone else, knowing your subject is key, says global fragrance expert Marian Bendeth, owner of Sixth Scents.

Bendeth specializes in creating signature fragrance wardrobes by matching personalities to perfumes, an approach her experience has shown also corresponds to body chemistry. Nifty, yes? Here's her take on seven scents worth giving:

• Chloé Intense, the most sensual of the Chloé scent range, is a floral oriental fragrance of rose, pink pepper and sandalwood. Bendeth pegs this for "a warm-hearted woman, worldly yet maternal, with a sunny nature and down-to-earth values." 50 ml, $90 at drug and department stores as well as Murale.

• Eau Mega from designers Viktor & Rolf is a fresh green floral, with violet leaf, basil and pear, as well as invigorating lemon and aquatic notes. Bendeth profiles this wearer as understated and relaxed, yet detail-oriented and thorough. 50 ml, $90 at The Bay.

• Féerie by Van Cleef & Arpels is a fanciful floral woody scent that beckons with violet, blackcurrant, Bulgarian rose and Egyptian jasmine. Bendeth characterizes this personality as exciting, highly creative and larger than life. "Constantly busy, she creates her own magic — she's a woman a man has to keep up with," she says. 50 ml, $145 at Murale, The Bay and Holt Renfrew.

• Idole d'Armani is a sparkling floral with a hint of spice, sophisticated and glamorous, without being overpowering. "The woman who wears this is self-assured and intuitive," says Bendeth. "She's a multi-tasker who loves to delegate and knows how to get things done." 30 ml, $60 at department stores.

• Idylle is an ultra-feminine floral by Guerlain, lush with rose, lily of the valley, peony, freesia, jasmine and lilac. Youthful and chic, it's a delightfully romantic fragrance (read: perfect for weddings) for the "savvy sophisticate who seeks out quality at every turn," notes Bendeth. 35 ml, $82 at Guerlain boutiques and department stores.

• Lola Marc Jacobs, a warm floral with fruity topnotes, a peony heart, and a vanilla and musk drydown, is for the quirky, upbeat girl with a great sense of fun, says Bendeth. "She's youthful, artistic and into fashion." 50 ml, $79 at drug and department stores, Murale and Sephora.

• Tom Ford White Suede spins on a light modern musk, blended with smooth suede, leather, rose and amber. A unisex fragrance, it appeals to "a confident, laid-back trendspotter, a woman with a phenomenal, eclectic yet simple sense of style," says Bendeth. Think minimalist approach with maximum impact. 50 ml, $210 at Harry Rosen.

From left, Chloé Intense, Eau Mega by Viktor & Rolf, Lola by Marc Jacobs and Féerie by Van Cleef & Arpels.

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Perfume etiquette

If as you're reading this on the way to the office you're choking on someone's too-strong, sexy perfume, your travel-neighbour is practicing poor perfume etiquette. According to Marian Bendeth, global fragrance expert, there are rules to keep in mind when applying evening fragrance.

Do not apply your evening scent before 9 a.m.: "It's too powerful for office wear," says Bendeth. Instead, wear your everyday fragrance to work

Apply perfume before you get dressed: "Hold the bottle six inches from your body and pump the atomizer just once," advises Bendeth.

Think intimacy: Fragrance is designed to be alluring, not to shout from the next room. "People further than an inch away from you shouldn't be able to smell your perfume," Bendeth says.

JANINE FALCON/
FOR METRO CANADA

ADVERTISING FEATURE

GET YOUR WINTER SKIN PRIMED FOR HOLIDAY PARTY SEASON

Dr. Kucy Pon

It's here! We still haven't finished eating all of our leftover Halloween candies but the holiday season is fully upon us. Stores are piping through songs of good cheer, malls are getting busy with anxious shoppers and kiddies are making their wish lists. It may be the most wonderful time of the year, but it's also the busiest what with all the gifts to purchase, homes to decorate, swish parties to attend, and whoops, winter skin to reveal.

That's right, summer may be a distant memory but the festive season gives us a chance to show off our skin in shoulder-baring dresses, cocktail attire and even strappy sandals with bare feet. A big change from the sweaters, puffy jackets and boots we've been donning so far.

The holiday season falls smack in the middle of Canadian winter so our skin is already dealing with the double assault of frigid temperatures and harsh, dry winter air outside and artificial heat inside. Add to that a steady diet of cocktails and rich food and the stress of the season can start to show up in our skin as well.

IMMERSE YOURSELF IN A SKIN CARE REGIMEN

"By the time the holidays come around, we should already be well-immersed in a winter skin regimen that includes exfoliation and extra moisturization," says Dr. Kucy Pon, dermatologist and special consultant to Olay. "That way, you can help prepare skin's defenses for the stress of the season in advance."

What's that? You're just getting around to your winter skin regimen? No worries! Although it's a busy time, Dr. Pon likes to remind people that the holidays are also a time for pampering and treating ourselves: "It's a great time to give yourself a gift in the form of a special at-home skin care treatment or in-shower body treat," she says. But it's also important to keep your skin hydrated."

This includes using a good moisturizing lotion to keep dry skin at bay. According to Dr. Pon, "External elements such as cold temperatures and indoor heat can dehydrate the skin and wash away essential oils. A moisturizer performs several important functions including enabling lost water to be replaced and keeping it in the skin by the humectants it contains. A moisturizer also has an immediate effect in terms of making surface skin feel better," she adds.

BREAK THE CYCLE OF DRY WINTER SKIN

This holiday season give your skin the clinical treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, Vita-Niacin and Vitamin E, Quench Advanced Relief is non-greasy and fragrance-free

> 'Get your winter skin primed for the holiday party season, and break the cycle of dry winter skin'

Keep Your Holiday Glow All Season

Dr. Kucy Pon, dermatologist and special consultant to Olay shares these five tips for glowing holiday skin:

1. EXFOLIATE

Before hitting holiday parties, help remove dead skin cells off the face and body for a fresher, younger look.

2. GROW YOUR GLOW

Start using a gradual sunless-tanning product a couple of weeks before your big events. They help provide increased colour each day for a natural look.

3. MOISTURIZE

Take time to moisturize, especially areas that have been covered up for a couple of months like arms, elbows and legs. Time saving tip: Use a moisturizing body wash in the shower.

4. DRINK LOTS OF WATER

Staying hydrated will help fight the double-whammy of late nights and alcohol.

5. TAKE IT ALL OFF

We tend to wear more makeup during the holidays. When you're tired, a facial cleansing cloth makes quick work of this late night task. Keep some in your purse if you plan to refresh your makeup between work and parties.

OLAY®

Jackson hitches ride on UFO

Joshua Jackson will head up the cast of the Robert Evans-produced film adaptation of the TV show UFO. Jackson will play Paul Foster, a test pilot who joins a secret organization based beneath a film studio and dedicated to fighting aliens. **EMPIRE ONLINE.COM**

Entertainment

Acting honour

Rachel Weisz took top acting honours and Ian McKellen was recognized for a half-century in the theatre Monday at London's Evening Standard Theatre Awards.

THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

The king of comedy

Director Judd Apatow gets personal with Funny People

PHIL BROWN
for Metro Canada

Whether examining 40-year-old virgins, high school freaks and geeks, or neurotic comedians, writer/director Judd Apatow has proven himself to be a rare commodity in Hollywood: A comedy auteur with a personal vision that translates into box office success.

Over the last few years, Apatow has climbed to the peak of Hollywood comedy with films like Knocked Up that are as touchingly honest as they are gut-bustingly hilarious.

He has seduced audiences with his patented combination of dirty jokes and personal confession and Apatow's latest movie just might be his most personal project yet.

"I always wanted to do a movie about comedy because there are almost no movies about what it's like to be a comedian that work well," Apatow told Metro. This desire led to Funny People starring Seth Rogan as a struggling standup comedian who is taken under the wing of an abusive comedy superstar played by Adam Sandler.

It's a very personal story derived from Apatow's early years as a standup and his longtime friendship with Sandler.

Apatow has been planning the project for years and the director quips that it may have run his tank dry: "I like making movies where I reveal myself and share my life experience, but I may be out of life experience at this point. So, the next movie might be about an Eskimo. That might be all I've got."

Funny People is on DVD today

As with all of the director's work, Funny People comes to DVD with an extended cut of the movie along with hours of deleted scenes and outtakes.

"I always tell the studio if they let me overshoot, there will be great stuff for the DVD," admits Apatow, who enjoys sharing extra material with home audiences. "You don't want to ruin the movie, but it is a different experience at home. You can pause when you have to go to the bathroom and don't mind that it goes a little bit longer."

With the bladder-busting constraints of the theater gone on DVD, audiences will get a chance to see even more of Apatow and his talented band of comic actors at work.

Recently Apatow has seen his stable of comedic actors like Seth Rogen, Paul Rudd, and Jason Segal become huge stars and while he enjoys their success, he admits that their collective fame might put an end to the ensemble.

"People grow up and want to do other things," admits the director. "But I hope that periodically we'll all get the chance to keep working together."

Judd Apatow's latest movie Funny People — now on DVD — stars Seth Rogan as a struggling standup comedian who is taken under the wing of an abusive comedy star played by Adam Sandler.

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Fox shows up at Parkinson's event

Michael J. Fox surprised fans at a Parkinson's Disease event on Saturday by performing alongside rockers Steven Tyler and Elvis Costello. FEMALEFIRST.CO.UK

Michael Jackson's final Opus

New book takes a look at who the man behind the music was

Artist Nate Giorgio recalls the last time he saw Michael Jackson, just days before the singer's death.

The pop icon wanted Giorgio to create dazzling murals of his children as well as artwork for his This Is It concerts, and Giorgio got out his pen during their talks.

"I was doing little drawings on the spot of him, and he loved it," says Giorgio of his black-and-white sketches. "He was great, he was really excited."

Those never-before seen sketches, as well as other rare artwork and photos of Jackson, are now part of a lavish new leather-bound book, The Official Michael Jackson OPUS, out Dec. 7.

The book, the only publication officially sanctioned by Jackson's estate, not only contains unseen images of perhaps the world's most famous face, it also has essays about the superstar written by friends and those who worked with Jackson over the years, from Motown founder Berry Gordy and Paula Abdul to John Landis and David Blaine.

The Official Michael Jackson OPUS will be released Dec. 7.

While many Jackson books have been printed since Jackson's June 25 death at age 50, Jeff Wald, president of OPUS Media Group, which published the book, says his stands out.

He and his team decided "this would not be a red carpet sound bite kind of a book," he says. "It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."

To that end, OPUS executive vice-president Jordan Sommers elicited essays that weren't quite tributes, but personal reflections. Some talk about Jackson the jokester; others recall his artistic genius; still others reflect on his friendship.

"It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."
Jeff Wald, president of OPUS Media Group

"There's a lot of information from the book that comes directly from sources that will clear up a lot of misconceptions," he says. "There are stories told directly from the likes of Smokey Robinson (and others) that they've never told before."

The photos, some of which were provided by friends like Gordy, range from Jackson's childhood to his many transformations as an adult.

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metro

U2 headlining Glastonbury for first time

MUSIC Organizers say U2 will headline Glastonbury, Britain's leading summer music festival.

Festival Tboss Michael Eavis said yesterday that the Irish rockers will play the festival's main stage on June 25.

Bono

It will be U2's first appearance at the event, and comes as Glastonbury celebrates its 40th anniversary.

Eavis said he was delighted to have "the biggest band in the world" in the lineup and promised "more surprises in the pipeline."

Glastonbury was founded in 1970 and is held on Eavis' farm in southwest England. It is famous for its eclectic lineup.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

11/24/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
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	253	359	13 CITY	The Office	The Office	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 (CC)		Melrose Place "Grand" (CC)		Seinfeld	Seinfeld	Frasier (CC)
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	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
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	290	382	23 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline "The Card Game"		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova "What Are Dreams?"	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Melrose Place "Grand" (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
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	199	311	16 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Seinfeld
news	502	390	28 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	World Sport	UEFA Champions League Soccer Teams TBA. (Same-day Tape)					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	World Poker Tour: Season 7		World Poker Tour: Season 7		SportsCentre
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	410	403	54 SCR	(6:30) Court Surfing		Score Now		Score Now		Score Now		Final Score
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	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
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	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Frontiers of Construction		Stephen Fry in America (CC)		Dreams With Sharp Teeth (2007) (CC)			Recreat. Eden	School
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	570	580	42 MM	MuchNews	My Date	One Tree Hill (CC)		disBAND	Video on Trial	MuchNews	Love Court	Spotlight
	600	564	48 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	61 A&E	Hoarders "Tara; Betty" (CC)		Hoarders "Linda; Steven"		(:01) Criminal Minds (CC)		(:01) Hoarders "Patty; Bill"		(:01) Hoarders
	628	584	62 SPKE	Ult. Knockouts	Super Dave	UFC Unleashed (CC)		Prisoners Out of Control		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	24 TLC	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Jon & Kate
	616	522	63 SHO	The Outer Limits (CC)		The Perfect Assistant (2008) Rachel Hunter, Chris Potter. (CC)				Bones (CC)		NCIS (CC)
	620	523	40 BVO	Cantata for the King (CC)		Law & Order "Jurisdiction"		Without a Trace "Res Ipsa"		Me Myself I ★★ (1999) Rachel Griffiths. (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	The Biggest Loser (CC)		Celebrity Paranormal Project		Trading Sp
	520	505	42 DIS	Time Warp (N)		Daily Planet (CC)		Destroyed	Destroyed	Time Warp		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	Fringe "August" (N) (CC)		InnerSpace	Stargate SG-1 "1969" (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	57 TBS	The Office	The Office	Lopez Tonight (N)		My Boys	My Boys	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits (CC)		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
	-	-	53 AMC	(5:00) The Matrix ★★★ (CC)		Demolition Man ★★ (1993) Sylvester Stallone, Wesley Snipes.					Mad Max 2: The Road Warrior	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	30 CEN	The Good Witch's Garden		Be Kind Rewind ★★ (2008) Jack Black. (CC)			(:45) Tropic Thunder ★★★ (2008, Comedy) Ben Stiller. (CC)			
	581	566	161 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	(6:00) Inherit the Wind ★★★ (1960, Drama)		I Prophesy		Inherit the Wind ★★★ (1960, Drama) Spencer Tracy, Fredric March.				
	-	-	189 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

NCIS

Put the candied yams back in the warming oven! Gibbs (Mark Harmon) and his team are forced to put their Thanksgiving plans on hold after the horrific death of a Marine leads them to a government think tank that employs child prodigies, where a 12-year-old might be the killer's next target. Gabriel Olds, Lisa Sheridan and Madeline Carroll guest star in the new episode "Child's Play"; Michael Weatherly and Sean Murray also star. 8 PM on CBS, GTV

The Biggest Loser

Suze Orman talks to the five remaining contestants about the connection between health and wealth and gives them tips on becoming fiscally fit. The players take a health quiz, then talk to trainer Bob Harper about some of the challenges they will face when they get back home. Former professional football player Rod Woodson helps start an NFL challenge involving the weight each contestant has lost all season. 8 PM on NBC. CITY

J.'Low' hits the ground at AMAs
Jennifer Lopez took a spill during her performance at Sunday's 2009 American Music Awards. While performing her new song Louboutins, she climbed a stair of dancers and jumped off — landing on her butt instead of her feet.. **POPEATER.COM**

Celebrity Buzz

Lambert blasts his AMA critics

A KISS IS JUST A KISS? Adam Lambert is making no apologies for his racy performance during Sunday's American Music Awards, usmagazine.com reports.

While closing the show with his new single For Your Entertainment, the American Idol alum, 27, simulated fellatio with a male dancer, kissed straight male keyboardist Tommy Ratliff, grabbed his crotch and flipped off the crowd. (According to Rolling Stone, Lambert didn't clear the kiss with anyone in advance; he told CNN the smooch happened "in the moment.")

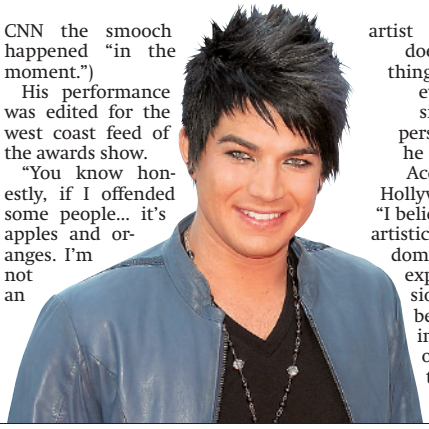
His performance was edited for the west coast feed of the awards show.

"You know honestly, if I offended some people... it's apples and oranges. I'm not an artist that does things for every single person," he told Access Hollywood. "I believe in artistic freedom and expression, I believe in honoring the lyrics of a song, and those lyrics aren't really for everybody either."

He also said he considered editing his performance "discrimination."

"There's a big double standard, female pop artists have been doing things provocative like that for years, and the fact that I'm a male, and I'll be edited and discriminated against could be a problem," he explained.

METRO NEWS SERVICES



Brangelina to add to brood?

THE BRANGIE BUNCH Rumors have been circulating that Brad Pitt and Angelina Jolie are planning to expand their family with another adoption, possibly from Syria or Jordan. Now the famous parents are only helping fuel speculation.

The pair hit the Los Angeles Museum of Contemporary Art last week, where Jolie said, "I'm always thinking about it. I would love to," when asked about adopting another child, according to Hello magazine.

Brad even chimed in, adding, "Yeah, you never know."

METRO WORLD NEWS

Celebrity tweets

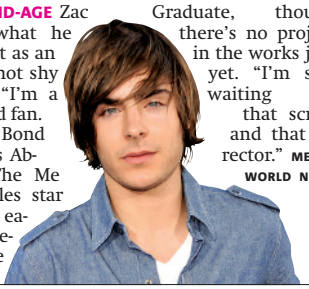
John Mayer is looking to the future, Demi Moore is sick of all the talk about her W cover photo, John McCain is gearing up for battle, and Kirstie Alley will be with you in a moment.

- @johncmayer I'm the George W. Bush of love: I may not have anything to show for myself now, but history will prove me a hero.
- @mrskutcher U know what is obscene is U judging what is my actual shape!
- @SenJohnMcCain getting ready to vote on the "health care reform bill" at 8pm. D's have the votes but the fight as just begun.
- @kirstiealley Just pulled up to starbucks. So sorry. Please hold on.

METRO WORLD NEWS

Efron sets sights on 007

DREAMS OF BOND-AGE Zac Efron knows what he wants to do next as an actor, and he's not shy about sharing. "I'm a huge James Bond fan. I'd love to be a Bond baddie," he tells Absolute Radio. The Me and Orson Welles star also admits he's eager to star in a remake of The Graduate, though there's no project in the works just yet. "I'm still waiting for that script and that director." **METRO WORLD NEWS**



Miley's birthday bash a blast from the past

SWEET SEVENTEEN Miley Cyrus turned 17 yesterday, and she reportedly celebrated last week with a surprise '80s-themed party at New York City's Canal Room that featured a performance by the cast of the Broadway show Rock of Ages and an elaborate cake designed by Buddy Valastro, the star of TLC's Cake Boss, according to People magazine. "They didn't want a girly girl cake," Valastro tells the magazine. For the party, Cyrus reportedly dressed as Julia Roberts' character from Pretty Woman.

METRO WORLD NEWS

Winehouse set to remarry ex-husband?

BACK TO BLAKE Amy Winehouse and Blake Fielder-Civil are reportedly planning on tying the knot again in three months. Winehouse stepped out Friday wearing what looked like an engagement ring, and now Fielder-Civil is spilling the beans about the plans, according to News of the World.

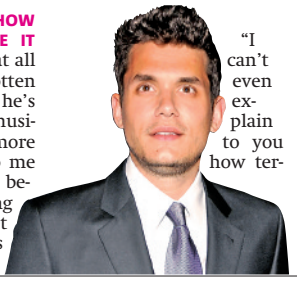
"We both know we've only ever been divorced on paper. This is the right thing to do," he told a pal.

METRO WORLD NEWS

Mayer decries dating woes

YOU SHOULD HEAR HOW THE WOMEN DESCRIBE IT John Mayer admits that all the attention he's gotten from the media since he's become a successful musician has made dating more difficult. "It's crazy to me that in my head, that being 32 and dating women is going to get me in trouble," he tells the New York Times. "I can't even explain to you how terrible that feels, that I equate dating a woman with punishment, shame, guilt, disappointment, reproach, reprimand, persecution. It's a nightmare."

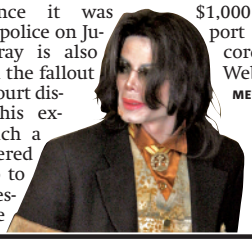
METRO WORLD NEWS



MJ doctor back to work

COUNT ON SHORT WAIT TIMES Conrad Murray, the doctor who was administering to Michael Jackson at the time of the singer's death, is back at work, his lawyer tells TMZ. Murray resumed operations yesterday at the Armstrong Medical Clinic in Houston, which he hasn't worked out of since it was searched by police on July 22. Murray is also dealing with the fallout of a recent court dispute with his ex-wife in which a judge ordered that he'll go to jail if he doesn't pay the $1,000 in child support he owes, according to the Web site.

METRO WORLD NEWS

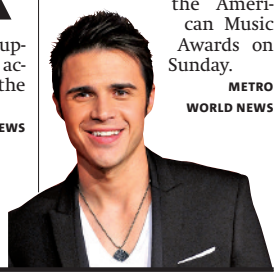


'No furniture' for Allen's new digs

EMPTY NEST Though newly minted American Idol winner Kris Allen is basking in the joy of releasing his self-titled debut, there is one thing missing in his life, people.com reports.

"Furniture," the singer, who just moved into a new home in Los Angeles with wife Katy, told People at the American Music Awards on Sunday.

METRO WORLD NEWS



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Wednesday Rain 80% 10°/ 6°
Thursday Rain 60% 9°/ 4°
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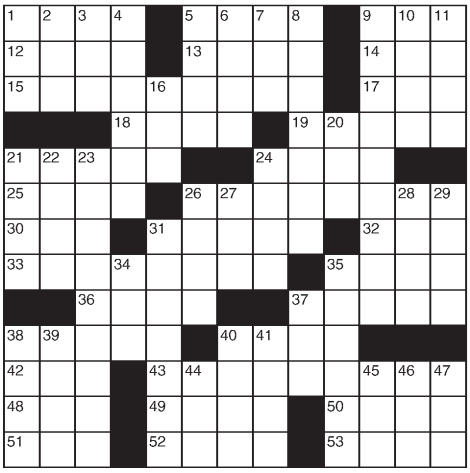
Take Five



ACROSS

1 Apartment
5 Uppercase letters
9 Skirt edge
12 Soda pop favorite
13 Chills and fever
14 Eggs
15 Small storage space
17 Morsel
18 Monarch
19 Black fur
21 Frequently
24 Grant of Hollywood
25 Heavy cart
26 Just looking
30 Brylcreem quantity
31 Rosary components
32 Vast expanse
33 Writ to appear in court
35 Celebrity
36 Part of MYOB
37 Failing the white-glove test
38 Bygone AMC car
40 Complain repeatedly
42 Greek H
43 Hair holders
48 Kitchen item
49 Hershiser of baseball fame
50 Appearance
51 Type squares
52 — a soul (nobody)
53 A deadly sin

DOWN

1 Radio watchdog org.
2 "Skip to my —"
3 Priestly vestment
4 Q's neighbor, to a typist
5 Songwriter Sammy
6 Enthusiastic, plus
7 Afghani coin
8 Teeter-totters
9 Collectors, often
10 Satan's specialty
11 Partner
16 Yang counterpart
20 "— Poetica"
21 Tote-board info
22 Herr's spouse
23 Toms' companions
24 Last several notes
26 Tailgate party essential
27 Skedaddled
28 Spruced up
29 Oldman or Sinise
31 Kentucky potable
34 "The Raven" writer
35 Limber
37 Parched
38 Cartoon skunk Le Pew
39 Tiny bit
40 Trucker with a radio
41 With skill
44 "... man — mouse?"
45 Charged particle
46 Thanksgiving time (Abbr.)
47 Firmament

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1		9	8			4		
	8		2			6		9
	4		9		7		5	
		4		9	2	1		
2	6						9	8
		3	1	6		2		
	2		6		3		8	
5		6			4		2	
		8			9	7		6

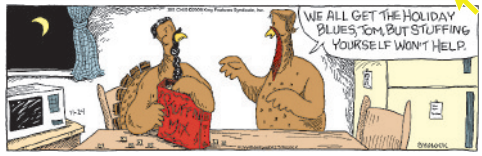
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	U	D	O		R	E	V		U	R	S	A		
I	R	O	N	W	A	R	E		N	E	A	R		
M	I	S	T	A	K	E	N		C	A	R	E		
			I	R	E		U	T	O	P	I	A		
S	L	U	M	P		T	S	A	R					
H	O	S	E		T	H	I	C	K	E	N			
H	U	E		K	A	R	A	T		M	O	P		
	D	R	U	N	K	E	N		S	I	T	E		
			V	I	E	W		O	T	T	E	R		
M	A	P	U	T	O		C	U	R					
A	W	O	L		F	O	R	S	A	K	E	N		
N	A	P	A		F	R	E	E	P	O	R	T		
E	Y	E	S		S	E	W		S	I	G	H		

5	3	9	4	7	1	6	2	8
2	6	7	3	5	8	9	1	4
4	8	1	6	2	9	3	5	7
6	5	8	1	9	4	7	3	2
1	7	3	5	6	2	8	4	9
9	2	4	7	8	3	1	6	5
3	4	2	8	1	7	5	9	6
8	9	6	2	3	5	4	7	1
7	1	5	9	4	6	2	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Chunky Vegetable Fricasse

INGREDIENTS:

1 1/2-lb (750 g) bag prepared fresh or frozen mixed vegetables
1/4 lb (125 g) mature cheddar cheese, grated
1 cup (125 ml) sour cream
2 eggs, beaten
4 bread sticks, crushed
2 tbsp (25 ml) chopped hazelnuts

METHOD:

1. Preheat oven to 425 F (220 C). Add vegetables to pot of boiling water, bring back to boil and cook 3 minutes or until just tender (or use steamer if you prefer). Drain.

2. Reserve 2 tbsp (25 ml) cheese for topping and stir remainder into sour cream. Mix in eggs. Season to taste with ground black pepper. Mix in cooked vegetables, then transfer to warm, greased, shallow ovenproof dish.

3. Mix bread sticks with reserved grated cheese and chopped nuts, then scatter over vegetables.

4. Bake on top shelf of oven 12-15 minutes or until golden and slightly puffed.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Your confidence is on the rise, but it will rise even more if you resolve not to get anxious about developments on the work front.

TAURUS ♉
APRIL 21-MAY 21
A parting of the ways may be necessary today, but don't get too emotional about it because it is only a temporary split.

GEMINI ♊
MAY 22-JUNE 21
You may be tempted to take things easy, especially if you have been pushing yourself hard. You are advised to keep the momentum going a bit longer.

CANCER ♋
JUNE 22-JULY 22
New tasks and responsibilities may be eating into your time and making it harder to enjoy yourself but that's not necessarily a bad thing.

LEO ♌
JULY 23-AUG 23
There is a great deal of excitement in the air at the moment and you can sense that life is going to be a lot more fun over the next few weeks.

VIRGO ♍
AUG 24-SEPT 22
Today your feelings are likely to be more intense than usual, so be on your guard and make sure you don't make any silly promises or proposals.

LIBRA ♎
SEPT 23-OCT 23
Your mind is having to deal with so many issues at the moment that it's no wonder you feel a bit confused.

SCORPIO ♏
OCT 24-NOV 22
Something you have been planning is going to cost more than you expected but you won't know how much more until the turn of the month.

SAGITTARIUS ♐
NOV 23-DEC 21
The Sun in your sign links with Saturn, planet of limitation, today. If you understand that you need a bit more discipline it could be a very good thing.

CAPRICORN ♑
DEC 22-JAN 20
You seem rather unsure of yourself at the moment, especially on the work front where you are beginning to have doubts.

AQUARIUS ♒
JAN 21-FEB 18
Others are pressing you to commit yourself to something you are not entirely sure is what you want to be doing.

PISCES ♓
FEB 19-MARCH 20
The Sun aspects Saturn today and you could hardly ask for a better set-up. You will be challenged but the bigger the challenge the more you will enjoy it.

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Sirenis La Salina Varadero • 4★
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Gran Bahia Principe Jamaica • 4 1/2★
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+Taxes & other fees (including service charges): $271

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Deluxe lagoon view rm.
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$999
+Taxes & other fees (including service charges): $244

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Jan. 8 – 22 • 1 wk.
Book by Nov. 25
$1099
+Taxes & other fees (including service charges): $212

Punta Cana via Calgary
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$1699
+Taxes & other fees (including service charges): $304

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